

SOLVA CARE

England & Wales · Charity number 1172878

Details

Status Registered

Legal form CIO

Registered 2017-05-04

Register [View on the Charity Commission register](#)

Contact

Address 1 Anchor Down
Solva
Haverfordwest
Dyfed
SA62 6TQ

Phone 07890987259

Email brucepayne241@gmail.com

Website <http://solvacare.co.uk/>

Activities

Objects: TO MAINTAIN AND IMPROVE THE HEALTH AND WELLBEING OF ELDERLY PEOPLE AND OTHERS WHO ARE IN NEED BY PROVIDING SPECIALLY DESIGNED SOCIAL CARE SUPPORT SERVICES CALCULATED TO RELIEVE THE NEEDS OF SUCH PERSONS IN PEMBROKESHIRE BUT INITIALLY CENTRED ON SOLVA AND ITS IMMEDIATE AREA.

Activities: Set up in response to wishes of the local residents, we support individuals and families with a variety of services and aim to maintain and improve health and wellbeing by:Enabling residents to stay in their own homes and remain part of the community.Offer a way to counteract loneliness, isolation and social disadvantage.Provide extra support for those who are caring for relatives.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- Pembrokeshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£293,288	£424,768	-	-
2024-03-31	£288,092	£230,659	-	-
2023-03-31	£232,155	£227,218	-	-
2022-03-31	£127,248	£165,976	-	-
2021-03-31	£221,385	£107,483	-	-

Trustees

Name	Role	Appointed
Dr Barbara Bale		2018-09-01
Dr John Holland		2019-08-07
JONATHON CROWTHER HIGGINS		2017-05-04
Jan Bower		2026-06-01
John Graham		2026-06-01
Joseph Griffin		2021-07-01
Maggie McKenzie		2021-11-19
Sue Carnes Chichlowska		2021-11-10
Sue Denman		2017-05-14

SOLVA CARE

England & Wales - Charity number 1172878

Accounts

REGISTERED COMPANY NUMBER: CE010251 (England and Wales)
REGISTERED CHARITY NUMBER: 1172878

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
SOLVA CARE**

**L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB**

SOLVA CARE

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SOLVA CARE

CHAIR'S REPORT for the Year Ended 31 March 2025

This is our 9th Annual Report. As 2024 was the year that our 5-year National Lottery funding ended, the work became dominated by the need to secure ongoing funding.

It continues to be rewarding to know that the vast majority of residents are happy with the support we offer and would like us to continue. This report summarises some of our core activities which can benefit local people, whilst we summarise our attempts to ensure that we have sufficient funds to continue with a free service.

Our successes to date are thanks to the enthusiasm and dedication of our volunteers, staff and trustees who have enabled Solva Care to develop new ideas to support wellbeing and becoming an active partner in working with others both locally and across the Peninsula.

Funding is necessary to pay for the hire of premises, activities, volunteer expenses and outings as well as our part time staff who manage the co-ordination and administration of the work. Due to the generosity of donors, fundraising activities and our ability to secure short term funding we can maintain the service until September 2025. Trustees are working hard to seek ways of securing further funding and remain hopeful that one day to be predominantly sustainable. We will continue to update residents regularly via the village newsletter to keep everyone informed of our progress. Please wish us luck and support our efforts.

We also note that since the last report our role as host to Together for Change (TfC), ended as they became a separate Community Interest Company. We intend to continue our close working relationship and to utilise their research findings. The full range of their current projects can be found on their website <https://www.tfc-pembrokeshire.org>

Best wishes to all,
Barbara

Barbara Bale
Chair Solva Care
Board of Trustees

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Executive summary

For the second year, this report looks at our attempts to secure ongoing funding to enable continuation of the Charity, following the ending of our National Lottery grant in March 2024. We summarise what we have achieved over the past year, and how we have worked with the community to continue to provide our core activities.

Twenty twenty-four/five was the first year of our Five-Year Strategic Plan (2024-29), in which we set our objectives to achieve the priority areas. These included continuing to deliver and extend our volunteering support and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations and communities to benefit our own community and share our learning. The report outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity.

We finish by looking to the future for 2025/26, whilst acknowledging the uncertainty faced by the charity. Our 2024/29 strategic plan may be reviewed if longer term funding becomes available. To date we have been successful as a small charity, and we are aware that we need to continuously improve on what we do to meet the changing needs of our community as well as share our learning and help others to create valuable support services in their own communities.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

OBJECTIVES AND ACTIVITIES

Objectives and aims

The priorities we set for 2024/25 - to meet our Strategic Plan 2024/29

1. Continuing to provide our core activity which involves connecting people to ensure that our older individuals are valued and have tailored support to live happy and fulfilled lives in their own homes; and are able to engage fully in community life.
2. Urgently securing ongoing funding to maintain and enhance our services.
3. To extend our reach and share our learning to adjacent communities in the Peninsula, specifically St Davids and Llanrhian. And to continue to contribute to third sector models of practice to benefit other grassroots rural communities in Wales.
4. Continuing to evolve to meet the needs of our own community, within the scope of our activities by providing additional events which focus on wellbeing, and which extend to all adults, (with a focus on older people) but where appropriate include younger adults as participants or volunteers.

Our achievements and activities 2024/25 - (to meet Priorities 1 & 4 above)

Solva Care have continued to support people in the Parish of Solva and Whitchurch with a variety of things, enabling them to continue living in their own homes and stay part of the community, even if they do not have family nearby. Examples of support included befriending, picking up prescriptions, dog walking, shopping, short respite for those caring for a family member, support to access statutory & other services, signposting and transport to local events, the surgery, optician etc. We make it possible for people to take part in community life and attend events they would not be able to get to without the help of transport.

As well as the regular support detailed above, we also helped a person with a PIP (Personal Independence Payment) appeal and Universal Credits. Other support includes accessing hospital transport, assist with arranging outpatient appointments, paying extra bedroom tax to the local council and dealing with utility companies. We provided information about care and support for a family with a relative living with dementia. We also assisted in finding a cleaner for a couple not being quite able to keep on top of household chores anymore.

We helped another resident living on their own to get some practical help at home as well as keeping his family abroad informed. We advised on temporary care for a relative while the family were away and helped organise bank appointments in Haverfordwest for a person who was not online and found telephone banking difficult. We also helped with applications for benefits and setting up Power of Attorneys.

Volunteers

The number of volunteers continues to stay stable, and we currently have more than 40 volunteers giving over 200 hours/month. In the period 1 April 2024 to 31 March 2025, volunteers gave 2458 hours of support to about 50 People in and around Solva. Included in this figure is 508 hours spent helping at events organised by us. In addition, trustees spent on average 38 hours/per month to attend and prepare meetings plus administrative duties. Most of the volunteers are retired but there are some who are still working and who help when they can.

We regularly receive enquiries about finding carers or respite care and give advice about what to consider when applying from support from Social Services. We pass on information about local trades people, gardeners, solicitors, electricians, plumbers, CAB, Age Cymru and other organisations. On several occasions we have also lent out wheelchairs and walkers which are kept in the Memorial Hall & Football Hub.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Activities & Outings

We run our Friday Club every Friday afternoon for two hours in the Solva Football Hub, which is open to all. Up to 21 people (11 on average) attend and almost half of them live outside of Solva. The first half usually consists of seated exercise followed by a quiz, bingo, craft, poetry, a talk etc. mostly provided by local people. The local Ukulele band plays once a month, which is a popular event.

In April 2024 we arranged an outing to Milford Haven Marina with lunch for people who do not otherwise get out of the village much. We also organised a salsa evening with refreshments at Tŵr y Felin in St Davids for the volunteers, as a thank you for all that they do. There were twenty-two in total, and it was a very enjoyable evening with salsa demonstrations by a local artist/musician.

Solva Care again hosted a concert by Sinfonia Cymru in the Memorial Hall in May 2024. This time there were four musicians playing wind instruments. Tickets were free and forty-three people attended. We served refreshments after the concert, for a donation, and we also provided the musicians with a light meal.

The Founder and previous Chair of Solva Care, Mollie Roach, was invited to attend a Royal Garden Party at Buckingham Palace on 21 May 2024 and she invited the Co-ordinator to come along. A well deserved recognition of all of Mollie's hard work.

In July we arranged a very pleasant outing to The Bug Farm (near St Davids). Ten of us went to look around the exhibits, attend a bug demonstration and have lunch in the café. Another visit was to Pembroke Dock Heritage Centre & café in September 2024. Six people came along and explored the collection and the model of the 'Empire strikes back' spaceship.

In October 2024 we celebrated the International Day of Older People with cream tea, cakes & line dancing in the Memorial Hall, an enjoyable and well-attended event.

Projects

We organised our Mouse Trail again in summer 2024 as an activity for families. We had fortyseven mice dotted around the village and as far as Whitchurch. We displayed a giant mouse along the road by St Elvis Farm on the way into Solva. Mouse maps were available in Bayview Stores, Window on Wales and online with links from our Facebook page. The trail ended on 31 October 2024. We printed one hundred maps and sixty tri-fold leaflets to go with the three information boxes placed around the village.

We also organised Sparkling Solva in December 2024 for the 6th time. There was an Advent Window for each day in December apart from 1 December, when one road - Brodawel - as usual put on a great display of festive windows. Printed maps were available in Bayview Stores, Window on Wales, the Memorial Hall and the Football Hub and could also be downloaded online.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Internal and external factors

Working with others

We interact with other community groups and local events. We bring people to the weekly Luncheon club and Coffee morning, as well as help with volunteers for those events when needed. We involve local people in our events, such as Friday Club, to do talks, provide light exercise, craft etc. The local Ukulele band comes to play once a month, and the Pembrokeshire Coast National Park ranger usually comes a couple of times a year to do a talk and a quiz. When we have a special guest speaker we have started to spread the word wider, via posters, emails, social media etc.

We have close contact with Solva Surgery and the Co-ordinator has a room there every Friday morning for people to drop in. We keep learning and adapting what we do all the time. For instance, we have increasingly been asked to assist in dealing with statutory services, utility companies and applying online for blue badges, passports, bus passes etc. Help with IT and completing online forms and signposting to entitlements is increasing.

In July 2024 Solva Care had a table at the Edge festival to pilot a joint questionnaire about the Solva Care Expansion Project with St Davids and Llanrhian. About 80 questionnaires were completed by people from all three areas.

Solva Care attended and had a stall at a Community Event in St Davids City Hall on 22 October 2022 organised by St Davids Community Council, to inform about what we do and our on-going joint Project.

Over the winter, November - March 2024, we organised Warm Rooms - with refreshments and an old film - in cooperation with Solva Community Council. They were held in the Football Hub on Tuesday afternoons and 7 people attended regularly.

In January 2025, the Chair and Co-ordinator attended an Engagement Event organised by Together for Change - linked to the Wellbeing of Future Generations Act - in St Davids City Hall. The Vice-Chair attended the follow-up event later in the month to do a short presentation about Solva Care.

In January 2025 one of our volunteers contacted us about an organisation that she had got involved with called People Speak Up and their aim was: Connecting people and creating healthy, resilient communities through storytelling, spoken word, creative writing, and participatory arts. We referred three people that we thought would benefit from this and visits are planned for April-May 2025.

One suggestion originating from the volunteer feedback questionnaire was to have another Dementia Friends session, which we did in February 2025. All volunteers were invited along with anyone else who was interested. The session was delivered by PAVS and 19 people attended.

Also in February 2025, a freelance journalist contacted us to participate in a program on BBC Radio 4 - Farming Today - about people in the community supporting others. One of our Associate Trustees and a person we support agreed to participate and it came over very well.

Solva Care's Co-ordinator assisted Solva Community Council with planning a Community Information Event in Solva Memorial Hall, which was held on 23 March 2025. The event was part of the "Warm Rooms Scheme" and various organisations in the area were invited to display their services, including Solva Care.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Achievement of our goals

2. Urgently securing ongoing funding to maintain and enhance our services

Our last annual report highlighted the end of our National Lottery funding grant, and our plans to use reserve funds which would enable us to continue services until September 2024, during which time we hoped to secure an additional grant. The work during 2024/25 has therefore been dominated by grant applications and seeking opportunities to secure funding.

In June 2024 we were successful in being awarded a grant from the Waterloo Foundation which enabled us to continue until March 2025. We were extremely grateful to the Foundation as it provided more time to apply for larger grants.

As the process for large grants from the National Lottery can be lengthy, we considered the option of applying for a smaller amount from the Lottery. However, we continued to pursue the larger grant opportunity as additional time spent on lesser amounts would not offer long term security.

We did however also agree to apply to the Enhancing Pembrokeshire fund together with St Davids and Llanrhian Communities. This would have enabled us to start to develop our plans with the other two communities sooner. Funding however was eventually not made available; hence we continued with the 'People and Places' bid to the Lottery.

Other attempts to raise funds involved a social fundraising event in November 2024, preceded by a tabletop sale in the afternoon. Some Solva Community Council events have also raised funds for Solva Care for which we are grateful.

We continue to gratefully receive donations from the community and introduced the 'Friends of Solva Care' scheme' to generate regular funds, and our ongoing pop-up shop continues to earn necessary funds.

By the beginning of 2025 it was obvious that we would not have sufficient funds to maintain our service throughout the Lottery application process. The issue was shared with Hywel Dda Health Board via a Peninsula Stakeholder group. As a result, we are extremely grateful to the Health Board for a grant which will enable us to continue until September 2025.

3. To extend our reach and share our learning to adjacent communities in the Peninsula, specifically St Davids and Llanrhian.

We reported last year that to enable us to apply for a large grant we would need to demonstrate the differences between our existing services and how we intended to innovate in the future. We therefore met with St Davids and Llanrhian City/Community Councils to explore how we could extend and amend the model of Solva Care to meet the individual needs of the adjacent communities working with any existing groups.

The idea of the Solva Care Expansion Project was shared with the National Lottery, however the evidence of need across all areas needed to be collected within 3 -6 months of any application. This required the development of a joint community survey which was distributed at local events in each of the areas, alongside presentations in St Davids and Llanrhian.

Analysis of the questionnaires unanimously demonstrated the need and desire for a Solva Care type service which was also supported by local health, community, and social services.

Regular meetings with Councillors and colleagues from St Davids and Llanrhian, have ensured a mutual understanding of the proposal which was shared on numerous occasions with the funding officer from the National Lottery. Following a lengthy pre-application process, we were invited to make Stage 1 of the formal application process which was submitted at the beginning of March 2025. To date, (April 2025) we await their consideration and decision for us to hopefully be invited to progress to stage 2 of the application process.

4: We will maintain our constructive and enduring working relationships with other organisations to benefit our community and other communities in Wales and beyond.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

We referred last year to the establishment of the Peninsula Stakeholder Board, led by Hywel Dda Health Board. This had followed the departure of the resident GP in Solva and the eventual decision to retain a health service managed practice in Solva. The group had initially been set up to examine long term options for the wider communities in relation to provision of clinical services. In July 2024, the imminent closure of St Davids GP surgery, impacted the development work of this group whose focus became the management of all patients registered with the practice which also impacted on Solva residents. The final decision to re-allocate 90% of the patients from St Davids to the Solva surgery had obvious consequences which needed to be worked through.

Changeover occurred in October 2024 then enabling the Stakeholder group to again focus on future models of care in rural areas. As a result, a Peninsula Working Group was set up with a representative from Solva Care. Their work has since been divided into three sub-groups to focus on clinical services, community and wellbeing and communication. Solva Care has membership of all groups and are recognised as a key part of any future developments.

5. We will continue our commitment to Research, Monitoring & Evaluation (RME) and pursue the following priorities working with 'Together for change' (TfC).

Whilst we have continued our commitment to research and evaluation, our priority has been the development, distribution, and analysis of a 3-way community survey to support the grant application. We have also surveyed our volunteers to find if they were satisfied with their volunteering and the way the voluntary service is run. Most of them completed and returned the survey.

Our main research arm, which led to the hosting of Together for Change from 2020, continued to diversify and successfully spread the results of their work, achieving large research grants. As a result, it was not appropriate for Solva Care, (facing an uncertain future) to continue to host. Therefore during 2024 Together for Change (TfC) began the process of incorporation as a Community Interest Company (CIC) limited by Guarantee and to leave Solva Care in September 2024. Once the CIC had been set up the National Lottery were expecting TfC work to focus on launching a Centre of Excellence, building the Centre's partnership alliance, and developing a business case and funding application by September 2025.

The Lottery had already granted a 10% grant uplift to fund the work which had funded an independent review about the support that was available in Wales for communities, what the gaps were, and what TfC's role could be to fit those gaps. All national organisations and large community groups felt there were gaps that TfC should fill, and forge alliances to ensure better coordination and cooperation across Wales which was currently missing. Solva Care will continue to work with TfC as appropriate, including by contributing and utilising their results. We will draw on their evidence reviews which point to the best practice for coproducing solutions to improving our service to our local community. We also link with TfC's events to learn and share with other community groups and organisations to learn and share. The link between our organisations continues to be strong as a Trustee of Solva care, Sue Denman, continues to work for TfC.

Solva Care and TfC worked through the formal arrangements required by the Charity Commission which were verified by Cwmpas. This required items on the Solva Care Property Register, purchased by TfC, to be transferred if they still had a monetary value. Items with no value were written off. A new TfC bank account was set-up once the CIC had been registered with Companies House and all monies transferred.

6. Ensure effective and efficient management of the Charity

Our Trustee Board remains stable, meeting every 3 months. Where possible terms of office have been extended, however two trustees have now stepped down from the role, leaving two vacancies. Following the first vacancy, advertisements were made locally in the newsletter inviting people from the wider communities to consider working with us. We are also aware of the profile and skill sets of our current group and would like to balance as appropriate. However, no appointments could be made. Following the second vacancy, we have agreed to await the outcome of our grant applications before proceeding.

Trustee Board meetings aim to focus on strategic issues; however, this has been limited due to uncertainty of funds. Our other responsibility is to ensure all our policies and standards are updated and adhered to. This year we revisited our statement of confidentiality and data protection policy along with our safeguarding policy. We regularly discuss communications and have recently updated our website.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Our management group meet regularly to manage and monitor the day-to-day activities and propose new ways of engaging the community. The finance group oversee all the accounting and ensure that all accounts are externally audited, and requirements of the Charity Commission are adhered to.

Our original research and evaluation group has not met as survey work and development of grant applications have involved a wider group of people. Regular evaluation of events has continued.

In September 2024 we held our AGM to highlight our work in the last year and over the last 9 years. Since the community newsletter was extended from Solva to include St Davids we constantly try and keep both communities up to date with any new events and any funding developments.

FINANCIAL REVIEW

Financial position

The end of the period saw financial reserves standing at £28,547 (2024 - £160,027).

Reserves policy

It is the trustees intention to try to maintain reserves at a level equivalent to around four months expenditure.

FUTURE PLANS

Conclusion and looking to the future

Solva Care was set up with and for the people of Solva parish. The demographics of the village are continuing to change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we hope to use information from our adjoining communities as well as our own to agree what we can do more of to promote the health and wellbeing of residents across the peninsula.

We continue to be grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work will always be seeking a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level. We continue to have a strong media presence which helps our informal methods to ensure a wider audience as well as local people know what we do.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE010251 (England and Wales)

Registered Charity number

1172878

Registered office

Little Valley
Wiston
Haverfordwest
Pembrokeshire
SA62 4PJ

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2025

Trustees

Mrs M Roach
Mrs S Denman
Dr B Bale Chair
Mrs S Young
J C Higgins
Dr J Holland
J Griffin
Ms M McKenzie
Ms S Chichlowska

Company Secretary

B D Payne

Independent Examiner

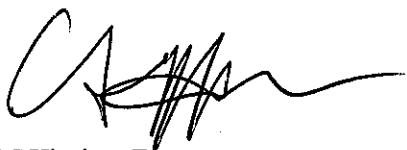
Paul Murray
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

CONCLUSION

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will have up to date information from our survey about what we should continue to do and what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level. We continue to have a strong media presence which helps our informal methods to ensure a wider audience as well as local people know what we do.

Approved by order of the board of trustees on 8 December 2025 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'J C Higgins', written over a horizontal line.

J C Higgins - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SOLVA CARE**

Independent examiner's report to the trustees of Solva Care ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Murray
The Association of Chartered Certified Accountants

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

Date: 8/12/25

SOLVA CARE

**STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>38,794</u>	<u>254,494</u>	<u>293,288</u>	<u>288,092</u>
EXPENDITURE ON					
Charitable activities					
Charitable costs		<u>57,165</u>	<u>367,603</u>	<u>424,768</u>	<u>230,659</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	6	<u>(18,371) 7,954</u>	<u>(113,109) (7,954)</u>	<u>(131,480) -</u>	<u>57,433 -</u>
Net movement in funds		<u>(10,417)</u>	<u>(121,063)</u>	<u>(131,480)</u>	<u>57,433</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>38,964</u>	<u>121,063</u>	<u>160,027</u>	<u>102,594</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>28,547</u></u>	<u><u>-</u></u>	<u><u>28,547</u></u>	<u><u>160,027</u></u>

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET
31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Cash at bank		31,457	-	31,457	164,156
CREDITORS					
Amounts falling due within one year	5	(2,910)	-	(2,910)	(4,129)
NET CURRENT ASSETS		<u>28,547</u>	<u>-</u>	<u>28,547</u>	<u>160,027</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>28,547</u>	<u>-</u>	<u>28,547</u>	<u>160,027</u>
NET ASSETS		<u>28,547</u>	<u>-</u>	<u>28,547</u>	<u>160,027</u>
FUNDS	6				
Unrestricted funds				28,547	38,964
Restricted funds				-	121,063
TOTAL FUNDS				<u>28,547</u>	<u>160,027</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

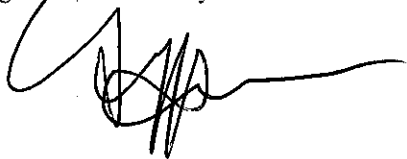
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 8 December 2025 and were signed on its behalf by:



J C Higgins - Trustee

The notes form part of these financial statements

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

Mrs S Denman, trustee, carried out consultancy work for the charity during the year in relation to the Together For Change project. During the year, Mrs S Denman invoiced £20,000 (2024 - £28,570)

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Trustee expenses of £651 were paid during the year (2024 - £611).

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2025	2024
Co-ordinator	1	1
Administrative	1	1
Activities assistant	1	1
TfC project co-ordinator	1	1
TfC Community researcher	-	1
TfC anchor	1	2
	<u>5</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>11,924</u>	<u>276,168</u>	<u>288,092</u>
EXPENDITURE ON			
Charitable activities			
Charitable costs	<u>1,365</u>	<u>229,294</u>	<u>230,659</u>
NET INCOME	10,559	46,874	57,433
RECONCILIATION OF FUNDS			
Total funds brought forward	28,405	74,189	102,594
TOTAL FUNDS CARRIED FORWARD	<u>38,964</u>	<u>121,063</u>	<u>160,027</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Social security and other taxes	839	2,329
Other creditors	91	-
Accrued expenses	1,980	1,800
	<u>2,910</u>	<u>4,129</u>

6. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	Transfers between funds	At 31.3.25
	£	£	£	£
Unrestricted funds				
Solva Care General fund	38,964	(18,371)	7,954	28,547
Restricted funds				
Lottery Community Fund - 10332343	9,194	(250)	(8,944)	-
Together for Change reserve	19,851	(31,930)	12,079	-
Together For Change 2 - 20189048	79,518	(68,433)	(11,085)	-
Solva Care Macular Support Group	200	(200)	-	-
TFC Most Significant Change	12,300	(12,300)	-	-
TFC Regional Integration Fund	-	4	(4)	-
	<u>121,063</u>	<u>(113,109)</u>	<u>(7,954)</u>	<u>-</u>
TOTAL FUNDS	<u>160,027</u>	<u>(131,480)</u>	<u>-</u>	<u>28,547</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
Solva Care General fund	38,794	(57,165)	(18,371)
Restricted funds			
Lottery Community Fund - 10332343	-	(250)	(250)
Together for Change reserve	29,049	(60,979)	(31,930)
Together For Change 2 - 20189048	63,113	(131,546)	(68,433)
Solva Care Macular Support Group	-	(200)	(200)
TFC Most Significant Change	-	(12,300)	(12,300)
TFC Regional Integration Fund	11,550	(11,546)	4
TFC - LPIP	108,251	(108,251)	-
TFC - Transition Uplift	42,531	(42,531)	-
	<u>254,494</u>	<u>(367,603)</u>	<u>(113,109)</u>
TOTAL FUNDS	<u>293,288</u>	<u>(424,768)</u>	<u>(131,480)</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Solva Care General fund	28,405	10,559	-	38,964
Restricted funds				
Lottery Community Fund - 10332343	8,657	1,105	(568)	9,194
Together for Change reserve	32,573	(12,722)	-	19,851
Together For Change 2 - 20189048	29,156	49,798	564	79,518
TfC Social Care Wales	3,803	(3,803)	-	-
Solva Care Macular Support Group	-	200	-	200
TFC Most Significant Change	-	12,300	-	12,300
TFC Regional Integration Fund	-	(4)	4	-
	<u>74,189</u>	<u>46,874</u>	<u>-</u>	<u>121,063</u>
TOTAL FUNDS	<u>102,594</u>	<u>57,433</u>	<u>-</u>	<u>160,027</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	11,924	(1,365)	10,559
Restricted funds			
Lottery Community Fund - 10332343	60,811	(59,706)	1,105
Together for Change reserve	5,000	(17,722)	(12,722)
Together For Change 2 - 20189048	174,808	(125,010)	49,798
TfC Social Care Wales	3,599	(7,402)	(3,803)
Solva Care Macular Support Group	400	(200)	200
TFC Most Significant Change	12,300	-	12,300
TFC Regional Integration Fund	19,250	(19,254)	(4)
	<u>276,168</u>	<u>(229,294)</u>	<u>46,874</u>
TOTAL FUNDS	<u>288,092</u>	<u>(230,659)</u>	<u>57,433</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Solva Care General fund	28,405	(7,812)	7,954	28,547
Restricted funds				
Lottery Community Fund - 10332343	8,657	855	(9,512)	-
Together for Change reserve	32,573	(44,652)	12,079	-
Together For Change 2 - 20189048	29,156	(18,635)	(10,521)	-
TfC Social Care Wales	3,803	(3,803)	-	-
	<u>74,189</u>	<u>(66,235)</u>	<u>(7,954)</u>	<u>-</u>
TOTAL FUNDS	<u>102,594</u>	<u>(74,047)</u>	<u>-</u>	<u>28,547</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	50,718	(58,530)	(7,812)
Restricted funds			
Lottery Community Fund - 10332343	60,811	(59,956)	855
Together for Change reserve	34,049	(78,701)	(44,652)
Together For Change 2 - 20189048	237,921	(256,556)	(18,635)
TfC Social Care Wales	3,599	(7,402)	(3,803)
Solva Care Macular Support Group	400	(400)	-
TfC Most Significant Change	12,300	(12,300)	-
TfC Regional Integration Fund	30,800	(30,800)	-
TfC - LPIP	108,251	(108,251)	-
TfC - Transition Uplift	42,531	(42,531)	-
	<u>530,662</u>	<u>(596,897)</u>	<u>(66,235)</u>
TOTAL FUNDS	<u>581,380</u>	<u>(655,427)</u>	<u>(74,047)</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

8. SEGMENT ANALYSIS

	Solva Care £	Together for Change £	Total £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	38,794	254,494	293,288
Total			
EXPENDITURE ON			
Charitable activities	34,164	345,367	379,531
Support costs - finance	-	62	62
Support costs - other	22,011	21,184	43,195
Support costs - governance	990	990	1,980
NET INCOME/(EXPENDITURE)	(18,371)	(113,109)	(131,480)
Transfers between funds	7,954	(7,954)	-
Net movement in funds	(10,417)	(121,063)	(131,480)
RECONCILIATION OF FUNDS			
Total funds brought forward	38,964	121,063	160,027
TOTAL FUNDS CARRIED FORWARD	28,547	-	28,547

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	9,280	5,683
Hywel Dda Health Board	9,766	500
Lottery Community Fund	-	60,808
Together For Change	242,692	192,109
Social Care Wales	-	3,599
Domiciliary Care	-	6,143
Regional Integration Fund	11,550	19,250
Waterloo foundation	20,000	-
	293,288	288,092
Total incoming resources		
	293,288	288,092
EXPENDITURE		
Charitable activities		
Wages	95,219	121,783
Social security	5,682	8,605
Pensions	1,813	2,696
Insurance	199	99
Marketing and communications	6,846	2,670
Manager travel and expenses	7,263	7,529
Room hire	8,664	3,297
Training and courses	520	400
Learning events	1,188	13,931
Project workers cost	54,782	30,310
TFC transfer to CIC entity	198,997	-
	381,173	191,320
Support costs		
Finance		
Bank charges	69	42
Other		
Wages	26,194	30,013
Computer costs	3,189	3,287
Professional fees	12,128	2,666
Memberships and subscriptions	35	32
Solva Care Donation Fund	-	1,499
	41,546	37,497

This page does not form part of the statutory financial statements

SOLVA CARE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025**

	2025 £	2024 £
Other		
Governance costs		
Accountancy fees	1,980	1,800
Total resources expended	424,768	230,659
Net (expenditure)/income	(131,480)	57,433

This page does not form part of the statutory financial statements

SOLVA CARE

England & Wales - Charity number 1172878

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
SOLVA CARE**

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

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for the Year Ended 31 March 2024**

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SOLVA CARE

CHAIR'S REPORT for the Year Ended 31 March 2024

This is our 7th Annual Report. 2023/24 was always set to be a defining year in our history. It was the year that our 5yr National Lottery funding came to an end and was also the final year of our 5yr strategic plan.

It is rewarding to know that the vast majority of residents are happy with the services we offer and would like us to continue. This report summarises some of our work over the past year and focusses on our attempts to secure ongoing funding and to develop as an organisation for the benefit of a wider population.

Whilst Solva Care's main activities are highlighted here, the full range of projects led by Together for Change (TfC) is not included but can be found on their website <https://www.tfcembrokeshire.org>

Our research portfolio has continued to go from strength to strength due to the hard work of Sue Denman and the RME team. We are proud to have a national and international profile and to be able to use the evidence that their programme of work has generated to steer us into knowing how we can evolve.

Our profile and reputation together with the enthusiasm and dedication of our volunteers, staff and trustees have enabled Solva Care to develop new ideas to support wellbeing as well as becoming an active partner in negotiations regarding the continuation of general practitioner services in Solva.

As previously mentioned, our funding came to an end in March 2024. This grant had paid for the hire of premises, activities, and outings as well as our part time coordinator, activities assistant, clerk, and volunteer expenses. It enabled us to offer a free service to all. Due to the generosity of donors and funding raising activities we are able to maintain the service until September 2024. Trustees are working hard to seek ways of securing further funding and still hope one day to be fully sustainable. We will continue to update residents regularly via the village newsletter to keep everyone informed of our progress. Please wish us luck and support our efforts.

Best wishes to all.

Barbara

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Executive summary

This report looks at our goals and achievements over the past year, and how we have worked with the community to provide our core activities alongside trying to secure ongoing funding to enable continuation of the Charity following the ending of our National Lottery grant in March 2024.

2023/24 was also the final year of our Five-Year Strategic Plan, in which we set out six strategic objectives that we continued to progress. These included continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations and communities to benefit our own community and share our learning. This report also outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity in the future.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Solva Care is a community initiative focusing on providing specially designed social care support. The Pilot Project was originally set up by Solva Community Council in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to meet the expressed needs of residents in the parish of Solva. It is now a well-developed support system, which is run by a Trustee Board, a part-time Co-ordinator, a Clerk, and an Activities assistant, with the help of local volunteers.

Our aims are to maintain and improve the health and wellbeing of older people and others who need it in the village. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all. We try not to label or segregate people and we encourage the generations to come together and mix.

The Co-ordinator currently works with over forty-five local volunteers, who are all DBS checked and have signed a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have time to spare to assist their fellow villagers. We also have a few young volunteers. Our volunteer numbers have gradually increased over the years and most remain involved in the charity. Continuity has been maintained and relationships are strong.

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care aim to fill gaps between services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, with a representative on our Board of Trustees.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2024

OBJECTIVES AND ACTIVITIES

Volunteers

Through our volunteers we support people with a variety of things such as collecting prescriptions, pop in visits, short respite for family carers, dog walking, shopping, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.

The number of volunteers has stayed stable, and we currently have 40 volunteers giving over 200 hours/month. In the period 1 April 2023 to 31 March 2024, volunteers gave 2470 hours of support to more than 40 People in Solva. Included in this figure is 445 hours spent helping at events organised by us. In addition, trustees give on average 50 hours/per month to attend and prepare meetings plus administrative duties. Most volunteers are retired but there are some who are still working, and they help when they can. On average for each year we support between 40-50 people.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Solva Care have continued to support people in the Parish of Solva and Whitchurch with a variety of services, which enable them to stay living in their own homes, even if they do not have family living nearby. Examples of support included picking up prescriptions, befriending, dog walking, shopping, short respite for those caring for a family member, signposting and support to access statutory & other services and transport. This makes it possible for people to take part in community life and attend events they would not be able to get to without the help of transport.

Activities & Outings

We run our Friday Club every Friday afternoon in the Solva Football Hub, which is open to all. Between 13 and 18 people attend every week and almost half of them live outside of Solva. When the Ukulele Pirates plays once a month, there are so many people that we run out of chairs.

In June 2023 we organised for a representative from the charity Frame to come to the coffee morning in Solva Memorial Hall. He and his colleague advised on a variety of matters: Saving energy, home efficiency, scam advice, budgeting, recycling, Priority Services Register, carbon monoxide awareness and safety including free detectors for those who qualify, benefits checks, help to apply for water meters or social tariffs for Welsh Water. For those most in need - how to apply for Discretionary Assistance Funds from the Welsh Gov as well as Fuel vouchers, warm packs etc.

We treated the volunteers to a buffet brunch in Café 35 in Lower Solva, as a small thank you for all that they do. There were 24 in total plus a couple of takeaway deliveries to volunteers who couldn't make it.

Also in June, Sinfonia Cymru came back to hold a concert in the Memorial Hall. The Royal Harpist was joined by a violinist, a flautist, and a cellist Tickets were free and 49 people turned up. We served refreshments after the concert, for a donation, and we also provided the musicians with something light to eat.

In July 2023 we arranged a trip to the Bishops Palace in St Davids. West Wales Walking for Wellbeing provided transport as the trip included a walk around the Palace. There were 9 of us. The custodian did a guided tour and we had brought tea/coffee and cakes with us.

We arranged a very pleasant outing to Llys y Fran in September 2023. Eight of us went in two cars. After a short walk around the reservoir, we had lunch in the café.

We held the Solva Care AGM on 26 September 2023 in the Memorial Hall, followed by refreshments and music by the Ukulele Pirates. 30 people attended.

In December 2023 we arranged an outing to St Davids Cathedral with a guided tour by Revd Enid Morgan (trustee and volunteer), followed by a visit to the library and a talk by the librarian. Then we went for a hot drink and a snack at a local café. There were 6 of us going in two cars.

Over the winter, we organised eleven film matinées - with refreshments - in the Football Hub on Tuesday afternoons. We showed old classics and between 6 and 9 people attended regularly.

Projects

A couple of years ago, one of our trustees started a Solva pop-up shop twice a month - to reduce waste and to fundraise for Solva Care. It is held, with the help of volunteers, on a Thursday at the coffee morning in Solva Memorial Hall and sometimes on a Sunday at the Solva Football Hub when there's a football game on. The shop has raised over a thousand pounds since it started.

We had 46 mice for the 2023 year's Mouse trail, including a picture painted by Peter Taylor (the artist from Aberporth who inspired the trail and let us use his idea). It was situated on one of the sheds on the Quay. Mouse maps were available in Bayview Stores, Window on Wales and online with links from our Facebook page. The trail ended on 31 October 2023. We printed about 200 maps and 60 tri-fold leaflets to go with the three information boxes placed around the village.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

We organised Sparkling Solva again in December 2023 and we had an Advent Calendar Window for each day in December 2023 apart from 1 December, when one road - BroDawel - put on a great display of festive windows. The maps were available in the Top Shop, Window on Wales, the Memorial Hall and the Football Hub as well as online. We printed 115 maps in total. We did a presentation with pictures of all the windows at the first Friday Club in January 2024 - for those who could not get around to look at the windows.

Internal and external factors

Working with others

We interact with other community groups and local events. We bring people to the weekly Luncheon club and Coffee morning, as well as help with volunteers for those events when needed. Solva Care took over running the Thursday Coffee mornings on a couple of occasions in February 2024. We involve local people in our events, such as Friday Club, to do talks, provide light exercise, craft etc. The local Ukulele band comes regularly to play.

We have close contact with Solva Surgery and the Co-ordinator has a room there every Friday morning for people to drop in. When it came to our attention that one person was hardly eating, we got nutri-drinks and suggested to Solva Surgery that they prescribe them. We keep learning and adapting what we do all the time. For instance, we have increasingly been asked to assist in dealing with statutory services, utility companies and applying online for blue badges, passports, bus passes etc. Help with IT and completing online forms and signposting to entitlements is increasing.

Just assisting in navigating the local systems and the statutory sector in Wales is invaluable especially for people with families outside of Wales. We have been asked to help with Personal Independence Payment appeals and have sat in on meetings with the GP, Social Services and Citizens Advice Bureau (CAB), as well as helping organise a community alarm.

We have been supporting the St Davids Food Hub ever since it started with donations - items or money. Earlier this year we were contacted by the daughter of a person who passed away recently and who had a lot of frozen food. We liaised the St Davids Food Hub to donate the food to people who needed it. We often refer people to the Alzheimer's Society. We have also liaised with Shalom (who can try and get funding for respite for people with dementia) and made a new contact with a Dementia specialist nurse at Marie Curie.

We have liaised with the local schools and offer volunteering opportunities for students. During the last year we had a young volunteer who is doing a Welsh Baccalaureate and who helped out at Friday Club.

We helped promoting the People's Shed in St Davids and tried to encourage people from Solva to join. The Co-ordinator and Activity Assistant have visited the event. We also helped a group from Llanrhian, who were establishing a group for men with early onset dementia, suggesting suitable places for refreshments in Solva. We worked with West Wales Walking for Wellbeing and encouraged people to join the walks that one of our volunteers help with.

During the year several people were having problems getting hospital transport to go to hospitals in Ammanford, Carmarthen and Pembroke Dock (due to some departments temporarily closing at Withybush). We wrote to the Pembrokeshire Association of Community Transport about this problem and received a response that they have had some new funding for community transport. We also provided transport when possible.

The co-ordinator and trustees were part of the Action Group formed to 'Save Solva Surgery'. The surgery is now a Health Board managed practice. Solva Care continues to be involved in supporting plans to hopefully develop a Health, Social Care, and Wellbeing Hub in the future.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

ACHIEVEMENT AND PERFORMANCE

Achievement of our goals

1. Securing ongoing funding

This was our most important focus for the year and remains so for 2024/25. Knowing that our National Lottery Grant was ending in March 2024, we had prepared both an exit plan and created a reserve policy and fund to enable us to continue until September 2024.

Towards the end of 2023 we met with representatives of the National Lottery to discuss our achievements over the past 5 years, and to explore our options for securing further funding. Whilst our success is well known and acknowledged, the fund does not incorporate support of a 'core service' as Solva Care has become. Their focus remains on supporting organisations trying to set up new services, to ensure more people benefit from limited monies.

They did however support the idea of spreading the Solva Care model beyond our current area, to develop a new service so that other communities could benefit in the same way as Solva and Whitchurch residents.

At the end of 2022, 'Together for Change' had successfully led and completed 'The 4 Wards Project' (link to report). Based on the evidence collected from the communities of St David's and Llanrhian, recommendations had included exploring the possibilities of including a similar service to Solva Care. Having met with both City and town Councils this option is being further explored.

Early in 2024, we realised that this process and the process of applying for a joint grant would take longer than our current reserve fund would support. We met with another funding body - 'The Waterloo Foundation' to discuss their criteria for a small grant that would enable Solva Care to continue for a further 6 months and provide time for any joint working with St Davids and Llanrhian to be explored. An application has been developed and submitted. We await the outcome.

2. Fundraising and Sponsorship

We have benefitted from the generosity of local residents and their families and organisations who have donated funds to Solva Care over the past 8 years. Voluntary donations have enabled us to provide a totally free service. However, we have been asked by funding bodies to consider how to ensure a steady income to enable us to part match fund any award given to us. In response we set up 'Friends of Solva Care' to encourage people to give a small regular donation via a standing order. This also allows for people to leave a gift in their will, should they choose to do so.

We have successfully encouraged people in our community to undertake sponsored activities, to which we are extremely grateful. Regular income from the Solva shop and fund-raising events working with the Community Council have also added to our funds. We plan to continue social activities to raise funds and remain grateful for new ideas.

3. Keeping the community informed

We publish our activities monthly in the Solva and St Davids newsletter and advertise by posters any special events. Any news regarding our future or funding is also posted as soon as possible.

Domiciliary Care

Based on our knowledge of ongoing local need, early in 2022 we applied for funding to develop a pilot project to continue with our intention of setting up a domiciliary care service. As we were unsuccessful, we actively sought alternatives including working with existing providers. Following the results of our survey which indicated support to continue to explore the idea, a discussion was held with Neyland CIC in June 2022. It was agreed that we would start a small pilot in Solva and the surrounding area, working through Neyland. In November 2022, an Enhancing Pembrokeshire Grant was secured to fund a part time member of staff to lead an exploration into the development of a Solva Domiciliary Care service alongside a Solva Volunteering service.

An informal partnership arrangement was formed with the Community Interest Care (CIC) in Neyland to deliver domiciliary care services in Solva, St Davids and the surrounding area. We were to support the recruitment of potential staff through the CIC and provide knowledge exchange and support for CIC to set up a volunteer care service using the Solva Care Toolkit.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2024

ACHIEVEMENT AND PERFORMANCE

Recruitment of staff in the first half of 2023 proved difficult, however overseas recruitment is now alleviating the skills shortage and CIC may be able to deliver services on the peninsula from September 2023. We will endeavour to help with locating accommodation on a commercial basis for any newly recruited staff.

We remain committed to supporting the CIC to develop volunteer care in the South of the county and in return CIC have committed to using the 'not for profit' status of delivering care to Solva and the surrounding area to support the core costs of running Solva Care.

4. Establishment of a Health, Social Care and Wellbeing hub - Long term goal

This work began following the retirement of our local GP in 2023. The resulting Stakeholder group led by Hywel Dda Health Board continues to engage with the wider areas of St Davids and across the whole Peninsula to secure a long-term solution to meet the primary health care needs of the population. This work is ongoing with Solva Care represented.

5. Together for Change (TfC) -Sue

We are continuing to develop our programme of research through our organisation -known as Together for Change (TfC). TfC received funding from the National Lottery Community Funding Wales in September 2020 with a second phase of funding awarded in September 2022, for three years. TfC has continued to work with, and for, the benefit of communities of place and alongside individuals, groups, and organisations, which want to further that aim. Up to date developments are shared with the Trustees to benefit the charity.

TfC is engaged in the development of the Integrated Communities Networks in Pembrokeshire. The team is helping Solva Care to present a case for being an integral part of the proposed Peninsula Wellbeing Hub. TfC launched its new website <https://www.tfcpembrokeshire> on 29th June 2023 where up to date information about its projects can be found.

FINANCIAL REVIEW

Financial position

The end of the period saw financial reserves standing at £160,027 (2023 - £102,594).

Reserves policy

It is the trustees intention to try to maintain reserves at a level equivalent to around four months expenditure.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

FUTURE PLANS

Looking to the future - Goals for 2024/2025

Our 2024/29 Strategic Plan covers 4 broad priorities.

1: Continuing to provide our core activity which involves connecting people to ensure that our older individuals are valued and have tailored support to live happy and fulfilled lives in their own homes; and are able to engage fully in community life.

2: Urgently securing ongoing funding to maintain and enhance our services.

3: To extend our reach and share our learning to adjacent communities in the Peninsula, specifically St Davids and Llanrhian. And to continue to contribute to third sector models of practice to benefit other grassroots rural communities in Wales.

4: Continuing to evolve to meet the needs of our own community, within the scope of our activities by providing additional events which focus on wellbeing, and which extend to all adults, (with a focus on older people) but where appropriate include younger adults as participants or volunteers.

We have also set ourselves the following six Strategic Objectives

1: To maintain and continuously improve delivery of a high quality and effective voluntary service.

2: To ensure continuation of Solva Care for the next five years and beyond, by securing ongoing funding by collaborating with other communities.

3: In addition to our existing activities focusing on individuals we will introduce new ones to ensure a comprehensive coverage of health and wellbeing issues and concerns including group activities that maintain and enhance health.

4: We will maintain our constructive and enduring working relationships with other organisations to benefit our community and other communities in Wales and beyond.

5: We will continue our commitment to Research Monitoring and Evaluation (RME) and pursue the following priorities working with 'Together for change' (TfC).

6: Ensure effective and efficient management of the Charity.

Specific goals for 2024/25 will depend upon our success in achieving ongoing funding and on our progress in working across the peninsula. Our 2024/25 Annual Report will revisit all achievements across our priority areas and will summarise our advancement in meeting our strategic objectives.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE010251 (England and Wales)

Registered Charity number

1172878

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2024

Registered office

Little Valley
Wiston
Haverfordwest
Pembrokeshire
SA62 4PJ

Trustees

Mrs M Roach
Mrs S Denman
Dr B Bale Chair
Mrs S Young
J C Higgins
Rev E M Morgan (resigned 1.5.23)
Dr J Holland
Mrs S Burns (resigned 1.5.23)
J Griffin
Ms M McKenzie
Ms S Chichlowska

Company Secretary

B D Payne

Independent Examiner

Paul Murray
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

CONCLUSION

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will have up to date information from our survey about what we should continue to do and what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level. We continue to have a strong media presence which helps our informal methods to ensure a wider audience as well as local people know what we do.

Approved by order of the board of trustees on 20 September 2024 and signed on its behalf by:

J C Higgins - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SOLVA CARE**

Independent examiner's report to the trustees of Solva Care ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Paul Murray
The Association of Chartered Certified Accountants

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

Date:

SOLVA CARE

**STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024**

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>11,924</u>	<u>276,168</u>	<u>288,092</u>	<u>232,155</u>
EXPENDITURE ON					
Charitable activities					
Charitable costs		<u>1,365</u>	<u>229,294</u>	<u>230,659</u>	<u>227,218</u>
NET INCOME		10,559	46,874	57,433	4,937
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>28,405</u>	<u>74,189</u>	<u>102,594</u>	<u>97,657</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>38,964</u></u>	<u><u>121,063</u></u>	<u><u>160,027</u></u>	<u><u>102,594</u></u>

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET
31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS					
Cash at bank		38,964	125,192	164,156	108,317
CREDITORS					
Amounts falling due within one year	5	-	(4,129)	(4,129)	(5,723)
NET CURRENT ASSETS		38,964	121,063	160,027	102,594
TOTAL ASSETS LESS CURRENT LIABILITIES		38,964	121,063	160,027	102,594
NET ASSETS		38,964	121,063	160,027	102,594
FUNDS	6				
Unrestricted funds				38,964	28,405
Restricted funds				121,063	74,189
TOTAL FUNDS				160,027	102,594

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 20 September 2024 and were signed on its behalf by:

J C Higgins - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

Mrs S Denman, trustee, carried out consultancy work for the charity during the year in relation to the Together For Change project. During the year, Mrs S Denman invoiced £28,570 (2023 - £28,085)

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Trustee expenses of £611 were paid during the year (2023 - £233).

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2024	2023
Co-ordinator	1	1
Administrative	1	1
Activities assistant	1	-
TfC project co-ordinator	1	1
TfC Community researcher	1	1
TfC anchor	2	1
	7	5

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	9,742	222,413	232,155
EXPENDITURE ON			
Charitable activities			
Charitable costs	9,639	217,579	227,218
NET INCOME	103	4,834	4,937
Transfers between funds	43	(43)	-
Net movement in funds	146	4,791	4,937
RECONCILIATION OF FUNDS			
Total funds brought forward	28,258	69,399	97,657
TOTAL FUNDS CARRIED FORWARD	28,404	74,190	102,594

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Social security and other taxes	2,329	3,715
Other creditors	-	568
Accrued expenses	1,800	1,440
	<u>4,129</u>	<u>5,723</u>

6. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Solva Care General fund	28,405	10,559	-	38,964
Restricted funds				
Lottery Community Fund - 10332343	8,657	1,105	(568)	9,194
Together for Change reserve	32,573	(12,722)	-	19,851
Together For Change 2 - 20189048	29,156	49,798	564	79,518
TfC Social Care Wales	3,803	(3,803)	-	-
Solva Care Macular Support Group	-	200	-	200
TFC Most Significant Change	-	12,300	-	12,300
TFC Regional Integration Fund	-	(4)	4	-
	<u>74,189</u>	<u>46,874</u>	<u>-</u>	<u>121,063</u>
TOTAL FUNDS	<u>102,594</u>	<u>57,433</u>	<u>-</u>	<u>160,027</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	11,924	(1,365)	10,559
Restricted funds			
Lottery Community Fund - 10332343	60,811	(59,706)	1,105
Together for Change reserve	5,000	(17,722)	(12,722)
Together For Change 2 - 20189048	174,808	(125,010)	49,798
TfC Social Care Wales	3,599	(7,402)	(3,803)
Solva Care Macular Support Group	400	(200)	200
TFC Most Significant Change	12,300	-	12,300
TFC Regional Integration Fund	19,250	(19,254)	(4)
	<u>276,168</u>	<u>(229,294)</u>	<u>46,874</u>
TOTAL FUNDS	<u>288,092</u>	<u>(230,659)</u>	<u>57,433</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Solva Care General fund	28,258	104	43	28,405
Restricted funds				
Lottery Community Fund - 10332343	2,578	4,701	1,378	8,657
Together for Change reserve	10,440	10,253	11,683	32,376
Together For Change 2 - 20189048	-	24,939	4,217	29,156
TfC Social Care Wales	-	4,000	-	4,000
Lottery Dissemination Project	27,558	(11,795)	(15,763)	-
Lottery COVID-19 Together For Change	13,678	(12,158)	(1,520)	-
4WARDS Project	15,145	(15,107)	(38)	-
	<u>69,399</u>	<u>4,833</u>	<u>(43)</u>	<u>74,189</u>
TOTAL FUNDS	<u>97,657</u>	<u>4,937</u>	<u>-</u>	<u>102,594</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	9,742	(9,638)	104
Restricted funds			
Lottery Community Fund - 10332343	56,209	(51,508)	4,701
Together for Change reserve	17,222	(6,969)	10,253
Together For Change 2 - 20189048	104,424	(79,485)	24,939
TfC Social Care Wales	4,000	-	4,000
Lottery Dissemination Project	-	(11,795)	(11,795)
Lottery COVID-19 Together For Change	-	(12,158)	(12,158)
4WARDS Project	30,558	(45,665)	(15,107)
TfC UKCRF Evaluation	10,000	(10,000)	-
	<u>222,413</u>	<u>(217,580)</u>	<u>4,833</u>
TOTAL FUNDS	<u>232,155</u>	<u>(227,218)</u>	<u>4,937</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Solva Care General fund	28,258	10,663	43	38,964
Restricted funds				
Lottery Community Fund - 10332343	2,578	5,806	810	9,194
Together for Change reserve	10,440	(2,469)	11,683	19,654
Together For Change 2 - 20189048	-	74,737	4,781	79,518
TfC Social Care Wales	-	197	-	197
Solva Care Macular Support Group	-	200	-	200
TFC Most Significant Change	-	12,300	-	12,300
TFC Regional Integration Fund	-	(4)	4	-
	<u>13,018</u>	<u>90,767</u>	<u>17,278</u>	<u>121,063</u>
TOTAL FUNDS	<u>97,657</u>	<u>62,370</u>	<u>-</u>	<u>160,027</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	21,666	(11,003)	10,663
Restricted funds			
Lottery Community Fund - 10332343	117,020	(111,214)	5,806
Together for Change reserve	22,222	(24,691)	(2,469)
Together For Change 2 - 20189048	279,232	(204,495)	74,737
TfC Social Care Wales	7,599	(7,402)	197
Solva Care Macular Support Group	400	(200)	200
TFC Most Significant Change	12,300	-	12,300
TFC Regional Integration Fund	19,250	(19,254)	(4)
	<u>458,023</u>	<u>(367,256)</u>	<u>90,767</u>
TOTAL FUNDS	<u>520,247</u>	<u>(457,877)</u>	<u>62,370</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

8. SEGMENT ANALYSIS

	Solva Care £	Together for Change £	Total £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	73,132	214,957	288,089
Total			
EXPENDITURE ON			
Charitable activities	40,150	151,167	191,317
Support costs - finance	-	42	42
Support costs - other	20,219	17,278	37,497
Support costs - governance	900	900	1,800
NET INCOME	11,863	45,570	57,433
Transfers between funds	-	-	-
Net movement in funds	11,863	45,570	57,433
RECONCILIATION OF FUNDS			
Total funds brought forward	37,060	65,534	102,594
TOTAL FUNDS CARRIED FORWARD	48,923	111,104	160,027

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	5,683	8,954
Donated services and facilities	-	789
Hywel Dda Health Board	500	4,948
Lottery Community Fund	60,808	160,631
Together For Change	192,109	-
UKCRF (4WARDS Project)	-	40,558
Lottery (People and Places)	-	12,275
Social Care Wales	3,599	4,000
Domiciliary Care	6,143	-
Regional Integration Fund	19,250	-
	288,092	232,155
Total incoming resources		
	288,092	232,155
EXPENDITURE		
Charitable activities		
Wages	121,783	105,692
Social security	8,605	3,645
Pensions	2,696	1,863
Insurance	99	199
Marketing and communications	2,670	5,972
Manager travel and expenses	7,529	7,225
Room hire	3,297	6,281
Training and courses	400	87
Research costs	13,931	-
Project workers cost	30,310	61,150
	191,320	192,114
Support costs		
Finance		
Bank charges	42	-
Other		
Wages	30,013	26,435
Computer costs	3,287	1,351
Professional fees	2,666	5,796
Memberships and subscriptions	32	82
Carried forward	35,998	33,664

This page does not form part of the statutory financial statements

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2024

	2024 £	2023 £
Other		
Brought forward	35,998	33,664
Solva Care Donation Fund	1,499	-
	37,497	33,664
 Governance costs		
Accountancy fees	1,800	1,440
Total resources expended	230,659	227,218
Net income	57,433	4,937

This page does not form part of the statutory financial statements

SOLVA CARE

England & Wales - Charity number 1172878

Accounts

REGISTERED COMPANY NUMBER: CE010251 (England and Wales)
REGISTERED CHARITY NUMBER: 1172878

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
SOLVA CARE**

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

SOLVA CARE

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SOLVA CARE

CHAIR'S REPORT for the Year Ended 31 March 2023

Having joined Solva Care as a trustee in 2018, I have seen the Charity develop progressively to meet the needs of our community. We are very proud and grateful that according to our 2022 survey, the vast majority of residents are happy with the services we offer. This report summarises some of our work over the past year and focusses on our attempts to move forward with the original idea to provide a domiciliary care service within Solva.

Although this is our 6th Annual Report, it is my first foreword. Mollie Roach stepped down in February 2022 remaining as a very active member of the trustee board, for which we are all very grateful.

Whilst Solva Care's main activities are highlighted here, the full range of projects led by Together for Change (TfC) is not included but can be found on their website https://www.tfc-pembrokeshire.org/en_gb/

Our research portfolio has gone from strength to strength due to the hard work of Sue Denman and the RME team. We are proud to have a national and international profile.

Our profile and reputation together with the enthusiasm and dedication of our volunteers, staff and trustees have enabled Solva Care to develop new ideas to support wellbeing as well as becoming an active partner in negotiations regarding the continuation of general practitioner services in Solva.

On a more challenging note, is the knowledge that our five-year funding from the National Lottery comes to an end in March 2024. This grant has paid for the hire of premises, activities, and outings as well as our part time coordinator, activities assistant, clerk, and volunteer expenses. It has enabled us to offer a free service to all. Trustees are working hard to seek ways of securing further funding and still hope one day to be fully sustainable. We will update residents regularly via the village newsletter to keep everyone informed of our progress. Please wish us luck and support our efforts.

Best wishes to all.
Barbara Bale
Chair, Solva Care
Board of Trustees

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Executive summary

With the Covid years hopefully behind us, we set about 2022 to progress fully with our core activities and to go back to our residents to see what else we needed to do. The long-standing impacts of the pandemic remain, and we sought to see how people felt they had been affected and how we could help. This report looks at our goals and achievements over the past year, and how we can work together to support those in our community who would like support, by maintaining connections with our local GP surgery, local social workers and third sector organisations. However, this year we did see changes to our local GP service due to the retirement of our general practitioner. Solva Community's involvement working with the Health Board supported a way forward which is documented elsewhere, and the current arrangements as a managed practice by the local health board appear to be successful. We continue to learn, to record the lessons learned from our endeavours, and to apply the learning to improve what we do in the future to build and maintain resilience and sustainability.

We are now in the fourth year of our Five-Year Strategic Plan, in which we set out six strategic objectives that we will continue to progress and review. These include continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations to benefit our community and share our learning. This report also outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity in the future.

This report continues to highlight the outcomes and learning from the Together for Change Programme of research alongside an ongoing commitment to work towards a holistic local care service. During the year we embarked on a project to establish a domiciliary care service in partnership with an established provider.

The report also outlines the activities we have provided and the benefits we think they bring. Our work is both rewarding and appreciated with some of the comments from our villagers included. In Spring 2022 we surveyed local people in Solva to ensure that we are continuing to provide what is needed and wanted to the best of our ability.

As stated earlier, we do not work alone and intend to continue to work with and learn from others, outlining in the final section some thoughts for our major focus in the next year prior to the cessation of our lottery funding.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

OBJECTIVES AND ACTIVITIES

Objectives and aims

Solva Care is a community initiative focusing on providing specially designed social care support. The Pilot Project was originally set up by Solva Community Council in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to meet the expressed needs of residents in the parish of Solva. It is now a well-developed support system, which is run by a Trustee Board, a part-time Co-ordinator, a Clerk, and an Activities assistant, with the help of local volunteers.

Our aims are to maintain and improve the health and wellbeing of older people and others who need it in the village. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all. We try not to label or segregate people and we encourage the generations to come together and mix.

The Co-ordinator currently works with over forty-five local volunteers, who are all DBS checked and have signed a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have time to spare to assist their fellow villagers. We also have a few young volunteers. Our volunteer numbers have gradually increased over the years and most remain involved in the charity. Continuity has been maintained and relationships are strong.

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care aim to fill gaps between services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, with a representative on our Board of Trustees.

Volunteers

Through our volunteers we support people with a variety of things such as collecting prescriptions, pop in visits, short respite for family carers, dog walking, shopping, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.

In the period 1 April 2022 to 31 March 2023, 41 volunteers gave 2591 hours of support to more than 40 People in Solva. Included in this figure is 458 hours spent helping at events organised by us. Trustees spent over 50 hours per month on admin, meetings, and training.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Throughout the year we have continued to maintain and improve our core activities. The following section provides an overview of our day-to-day activities during 2022/23, followed by an update on our other short-, medium- and long-term goals.

Short Term Goals

Maintaining and improving our core work

We have continued to support people in the parish with a variety of things, which enables them to stay living in their own homes, even if they do not have family living nearby. Examples of support: picking up prescriptions, befriending, dog walking, shopping, short respite for those caring for a family member, signposting, transport, and support to access statutory & other services. This makes it possible for people to take part in community life and attend events they would not be able to get to without our support. We continue to run events, outings/trips, projects, and training for our volunteers as outlined below. During 2022 we revised and updated our leaflet together with invitation cards to our events.

In May 2022, collaborating with local artists and Solva Community Council we coordinated another Mosaics project to create a memorial to people who passed away during Covid. Designs were chosen by family or friends of those to be commemorated and they were made by local people attending mosaics classes in the village hall, with separate classes offered for young people and families. The memorial has since been erected on the village green with an opening ceremony held in August 2022, and photos of the finished designs were sent to relatives living away.

Also in May, we hosted Sinfonia Cymru in the Memorial Hall. Four cello players entertained with tangoes, music by Gershwin etc. The concert was free but the 45+ people who attended gave generous donations, Solva Care paid for the rental of the hall, provided the musicians with a meal, and offered refreshments to all after the concert.

Once again, we ran the Mouse Trail over the summer with 50+ mice dotted around Solva and Whitchurch. Free maps were printed and placed at the local store and shop. There were also links on our website and Facebook page. The trail ended on 31 October. 142 maps in total were printed.

For the Queen's Jubilee in June 2022, Solva Care Friday Club hosted a cream tea, open to all. Over fifty people attended for tea/coffee, scones, and cakes. An afternoon tea was also kindly offered by two residents in their garden in July. Fifteen people came including two part-time (summer) volunteers from Canada, who helped serving.

In December 2022 we organised Sparkling Solva for the fourth year running with 27 Advent Calendar Windows festively lit up, including the Football Club, with decorations made by Friday Club attendees. Maps were available in the local shops for people to take. This was followed by an evening with mulled wine and mince pies in the Memorial Hall.

Throughout the year we hold our Friday Club, which was initially set up for people with dementia and their carers. Now everyone is welcome, and we have about 10-12 who attend every week. Almost half now come from outside of Solva. We provide light exercise and offer talks, craft sessions, bingo etc. Music by the Ukulele band is always popular and a representative from the Pembrokeshire Coast National Park has come regularly to do a talk. We seek publicity when we can and there was an article in the Western Telegraph in December about the visit to Friday Club by the Therapy Hounds: Greyhound Rescue Wales therapy hounds visit Solva Care club | Western Telegraph

We also arrange for organisations to come to the weekly coffee morning with helpful information, e.g., Age Cymru and Frame.

In May 2022 we arranged an outing to the Scrimpology Museum in Llangwm. Ten people went - a mix of volunteers and people we support. The proprietor did a talk on how technology had developed over the ages, with the help of items he had collected over many years. We then had to guess what a few obscure items had been used for.

In September 2022, Friday Club attendees went on an outing to Scolton Manor, where there were guided tours of the house and walled garden, followed by refreshments in the café. Twelve people attended, travelling on the Bws y Bobl minibus, driven by a volunteer. In November 2022 we had another outing to the Green Shed Café, Haverfordwest, for lunch and a bit of shopping in the Frame charity shop. Fifteen came along on Bws y Bobl, again driven by a Solva Care volunteer.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

We also have a Solva Pop-up Shop, started by one of our trustees and run with the help of volunteers. The aim is to reduce waste and to fundraise for Solva Care. It is held twice a month on a Sunday afternoon at the Solva Football Hub and on a Thursday morning in connection with the coffee morning. The shop has raised several thousand pounds since it started in May 2021.

The Solva Care AGM was held in Solva Memorial Hall in September 2022 with thirty people attending, including trustees and employees.

We arrange get-togethers for the volunteers once or twice a year to thank them for all that they do. In the spring of 2022, we organised a quiz in a local village pub with the help of people from Shalom in St Davids.

Where possible we try and work collectively for residents e.g. to coordinate the installation of solar panels. The co-ordinator met up with two volunteers in early April 2022 to explore whether we could do something on a village, or part of the village, basis. Several people were looking into installing solar panels and there are grants available for community projects, to help people with electricity costs. The Community Council are now looking at how to take this project forward.

We also try to meet the needs of our volunteers. In November 2022 eight volunteers and the co-ordinator received First Aid training. The training was free and provided by ReallyPro.

We also provided training in 'Difficult conversations' (e.g., end of life) provided by Shalom, in January 2023. Six volunteers/trustees attended along with our coordinator and activities organiser. Shalom has offered regular sessions for volunteers, and there is also a possibility of providing this in-house in the future.

Medium Term Goals

Domiciliary Care - Based on our knowledge of ongoing local need, early in 2022 we applied for funding to develop a pilot project to continue with our intention of setting up a domiciliary care service. As we were unsuccessful, we actively sought alternatives including working with existing providers. Following the results of our survey which indicated support to continue to explore the idea, a discussion was held with Neyland CIC in June 2022. It was agreed that we would start a small pilot in Solva and the surrounding area, working through Neyland. In November 2023, an Enhancing Pembrokeshire Grant was secured to fund a part time member of staff to lead an exploration into the development of a Solva Domiciliary Care service alongside a Solva Volunteering service.

An informal partnership arrangement was formed with the Community Interest Care (CIC) in Neyland to deliver domiciliary care services in Solva, St Davids and the surrounding area. We were to support the recruitment of potential staff through the CIC and provide knowledge exchange and support for CIC to set up a volunteer care service using the Solva Care Toolkit.

Recruitment for staff in the first half of 2023 proved difficult, however overseas recruitment is now alleviating the skills shortage and CIC may be able to deliver services on the peninsula from September 2023. We will endeavour to help with locating accommodation on a commercial basis for any newly recruited staff.

We remain committed to supporting the CIC to develop volunteer care in the South of the county and in return CIC have committed to using the 'not for profit' status of delivering care to Solva and the surrounds to support the core costs of running Solva Care.

Lottery Funding - As our lottery funding will cease March 2024, it was agreed in June 2022 that we needed to undertake a piece of work to identify minimal core costs to maintain a basic service to our residents. This helped to inform the level of funding that we should be continuing to apply for (in the absence of being able to extend our work), and also the level of funding we would need to maintain Solva Care for a further 6 months to implement closure plans. As a result, a reserve funding policy was developed along with an exit strategy. To date we are hoping not to use either as we aim to continue to apply for funding from various sources trying to build on our successes to date and expand our working arrangements.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

However, in acknowledging the timeline of our funding, we have established a working group to consider the risk of having to implement an exit strategy, alongside developing a new 5-year strategy from 2024. We are exploring new ways for extending our services and in securing ongoing funding. Having learnt the great value in working with other areas and agencies in seeking specific funding grants for research purposes, we will be focussing on new ways for Solva Care to continue to be innovative in our support of older and vulnerable people.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

Other Short-term goals

1.1 Village Survey

We continually work to find ways to build on what we do and to support Solva and other communities in defining and meeting their own needs at a local level. To this end, as planned, our village survey was circulated in April/May 2022, asking residents what more we could do to meet the community's needs. The table below summarises some of the key features of our community and the results.

General

320 questionnaires were delivered, and 263 were completed & returned.

42% of our population are over 65. Fortunately, most of them are well and happy.

90% of those responding own a car. Some 25 households do not have transport.

75% of people were confident using IT and 7% would welcome some help.

78% exercise regularly, 21% do not exercise at all - usually by reason of disability or age.

36 people use a variety of mobility aids to help them get about.

Covid

43% had not been affected at all by Covid, 40% had felt some effect and 16% had been affected a lot.

People had felt isolated, there were medical problems and families had been unable to meet up.

Moving on post Covid was felt to be important - getting back to normal, offering more social events, looking outward, being positive, getting back to seeing the doctor, helping those who had lost confidence were among the points made.

Care (Note: there were problems about defining 'care')

28 people completed the Care Section. 23 households said they receive personal care. Responders were selective and added brief statements 'My neighbour does my shopping and washes my hair.' 'We look after each other.'

Care needed/offered: Preparing/ eating food - 22. Washing bathing/ using the toilet - 10. Dressing and undressing -11. Reading/communicating - 9. Managing medicines/ treatments - 21. Making decisions about money - 14. Engaging with other people - 9.

Solva Care

275 responses, most households felt that the Solva Community benefitted from Solva Care (some households did more than one response).

Generally, help is needed with small repairs, general maintenance, heavy lifting, and garden upkeep.

There were many suggestions about other support activities that might be offered. E.g., cooking activities, nutrition info, book club, craft club, fitness program and another community info event.

On the question of Solva Care providing domiciliary care, 257 people responded and 71% said yes, it would be a good idea.

1.2 Satisfaction - how we attempt to demonstrate our impact

We know that people are less isolated, lonely, and able to keep living in their own homes. They can attend events, make new friends, and socialise. We have had data from Hywel Dda showing that hospital admissions of people in the village have gone down since Solva Care started. We are also able to provide support for people coming out of hospital. We collect all feedback and regularly evaluate events that we arrange, e.g., Friday Club.

1.3 Working with others including CardiCare

Our peer to peer support collaborations included CardiCare - a joint project with Rural Health and Care Wales - in which Solva Care provided mentorship to help start up a similar support group in Cardiganshire, using our tool kit. The toolkit was found to be a good, adaptable framework for a community to use.

In June 2022, the CardiCare team visited Solva Care and Friday Club. Twelve members a mix of volunteers, people they support and employees - attended for discussions and refreshments before attending Friday Club with the Ukelele Pirates.

This was later reciprocated with members of Solva Care visiting CardiCare in Aberporth. We were shown the community fridge, clothes exchange, vegetable garden, coffee morning and their Friday Club. We met the 'Mouse Man of Aberporth,' who inspired our own Mouse trail, and saw some of the mice. The visit ended with refreshments and music by their Ukelele Pirates. In October 2022, the co-ordinator and a trustee attended the end of project celebration of CardiCare in Aberporth.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

The CardiCare project showed how this type of mentorship project can result in two way - learning for both organisations. It can act as a catalyst for new ideas to be introduced and tested.

In addition, as part of our ongoing activities we collaborate with local community groups and events. For example, we bring people to and from the weekly luncheon club and coffee mornings, as well as help them with volunteers when needed. This year we worked with the energy project Heat to inform people about energy cost changes and how to get support. During the winter of 2022/23, we collaborated with Solva Community Council to support their warm rooms initiative. Our co-ordinator and volunteers organised events for people to attend to keep warm and we put hats, scarves, gloves etc in the 'cwtch corner' by the local shop for people to help themselves. With the help of Solva Community Cinema we arranged a monthly film matinée in the Memorial Hall as part of this initiative.

We have also been working with our neighbouring village, St Davids, and their Food Hub. This year we delivered mini-stollen cakes for the Christmas Day meal in Solva and St Davids and delivered blankets, to be passed on to a local family.

A joint project between St Davids & Solva Art Group and Solva Care was a 2023 calendar, with scenes of Solva drawn by local artists. Available from the end of July 2022, we sold our quota of 250 calendars, with help from local shops. The Art group sold another 250 in St Davids. We were invited to attend the opening of their art exhibition in St Davids City Hall in August 2022, which was also the launch of the Solva Care/Art Group Calendar. All proceeds less costs went to Solva Care.

In June 2022, our co-ordinator took part in the project Inspiring Primary Futures at Roch School, aimed at giving young people insight into different types of jobs. The first 45-minute session took place at the morning assembly, where the junior school children played a version of twenty questions with the four visiting adults, aiming to guess what their jobs were. The second visit was a more detailed Q&A session with one class in a classroom, where they broke into groups with the adults circulating. We liaise with the local schools and offer volunteering opportunities for students. Currently we have a young volunteer, doing his Welsh Baccalaureate, who helps at Friday Club.

We liaise with West Wales Walking for Wellbeing, encouraging people to join the walks with one of our volunteers helping with the walks.

We have supported a newly started Macular Degeneration Support Group from when it started in June 2022 and paid the cost of renting the Football Club on Wednesday mornings every other week.

From mid-October 2022, our co-ordinator was able to resume using a room at Solva Surgery one morning a week, where people can drop in and Solva Care can keep close contacts with the surgery. Members of Solva Care were also part of the Action Group formed to help to 'Save Solva Surgery.' The surgery is now a managed practice and Solva Care engages in plans for exploring long term solutions.

1.4 Together for Change (TfC)

We are continuing to develop our programme of research through our organisation -known as Together for Change (TfC). TfC received funding from the National Lottery Community Funding Wales in September 2020 with a second phase of funding awarded in September 2022, for three years. TfC has continued to work with, and for, the benefit of communities of place and alongside individuals, groups, and organisations, which want to further that aim. Up to date developments are shared with the Trustees to benefit the Charity.

TfC is engaged in the development of the Integrated Communities Networks in Pembrokeshire. The team is helping Solva Care to present a case for being an integral part of the proposed Peninsula Wellbeing Hub. TfC launched its new website https://www.tfcpenbrokeshire.org/en_gb/ on 29th June 2023 where up to date information about its projects can be found.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

FINANCIAL REVIEW

Financial position

The end of the period saw financial reserves standing at £102,594 (2022 - £97,657).

Reserves policy

It is the trustees intention to try to maintain reserves at a level equivalent to around four months expenditure.

FUTURE PLANS

Long Term Goals (set for 2022/23)

Our long-term goals set for 2022/23 remain the same for 2023/4 and beyond. We continue to find ways to support Solva and other communities in defining and meeting their own needs at local level. We aim to continue to have a presence and influence both locally and nationally by demonstrating the differences that we know Solva Care can make.

Looking to the future - Goals for 2023/2024

- Securing ongoing funding is our major focus this year. A small team has been set up to consider ways of raising funds with the aim of one day becoming sustainable. Our ideas include social activities e.g., fêtes, fashion evening with preloved clothes, live music events etc.
 - Sponsorship - we are asking local active members of the community to undertake special events to gain sponsorship in aid of Solva Care.
 - Grant applications - as suitable, working with others as required.
 - Domiciliary Care - we will continue with our current plans in the hope of providing statutory care alongside our voluntary service, supporting in a not-for-profit way.
 - Establishment of a Health, Social Care and Wellbeing hub. This is seen as a long-term vision with Hywel Dda Health Board as a further extension of their managed GP practice in the village.
- During the next year we will keep our residents informed of our progress and seek their support.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE010251 (England and Wales)

Registered Charity number

1172878

Registered office

Little Valley
Wiston
Haverfordwest
Pembrokeshire
SA62 4PJ

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

Trustees

Mrs M Roach
Mrs S Denman
Dr B Bale Chair
Mrs S Young
J C Higgins
Rev E M Morgan
Dr J Holland
Mrs S Burns
J Griffin
Ms M McKenzie
Ms S Chichlowska

Company Secretary

B D Payne

Independent Examiner

Paul Murray
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

CONCLUSION

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will have up to date information from our survey about what we should continue to do and what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level. We continue to have a strong media presence which helps our informal methods to ensure a wider audience as well as local people know what we do.

Approved by order of the board of trustees on 4 September 2023 and signed on its behalf by:



J C Higgins - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SOLVA CARE**

Independent examiner's report to the trustees of Solva Care ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Murray
The Association of Chartered Certified Accountants

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

Date: 4/9/23.....

SOLVA CARE

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>9,742</u>	<u>222,413</u>	<u>232,155</u>	<u>127,248</u>
EXPENDITURE ON					
Charitable activities					
Charitable costs		<u>9,639</u>	<u>217,579</u>	<u>227,218</u>	<u>165,976</u>
NET INCOME/(EXPENDITURE)		103	4,834	4,937	(38,728)
Transfers between funds	6	<u>43</u>	<u>(43)</u>	<u>-</u>	<u>-</u>
Net movement in funds		146	4,791	4,937	(38,728)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>28,258</u>	<u>69,399</u>	<u>97,657</u>	<u>136,385</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>28,404</u></u>	<u><u>74,190</u></u>	<u><u>102,594</u></u>	<u><u>97,657</u></u>

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET
31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Cash at bank		28,405	79,912	108,317	101,635
CREDITORS					
Amounts falling due within one year	5	-	(5,723)	(5,723)	(3,978)
NET CURRENT ASSETS		<u>28,405</u>	<u>74,189</u>	<u>102,594</u>	<u>97,657</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		28,405	74,189	102,594	97,657
NET ASSETS		<u>28,405</u>	<u>74,189</u>	<u>102,594</u>	<u>97,657</u>
FUNDS	6				
Unrestricted funds				28,405	28,258
Restricted funds				74,189	69,399
TOTAL FUNDS				<u>102,594</u>	<u>97,657</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 4 September 2023 and were signed on its behalf by:



J C Higgins - Trustee

The notes form part of these financial statements

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

Mrs S Denman, trustee, carried out consultancy work for the charity during the year in relation to the Together For Change project. During the year, Mrs S Denman invoiced £28,085

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Trustee expenses of £233 were paid during the period ended 31 March 2022 (2022 - £816).

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2023	2022
Co-ordinator	1	1
Administrative	1	1
P&IP development assistant	-	1
Activities assistant	1	1
TfC project co-ordinator	1	1
TfC Community researcher	1	-
TfC anchor	1	-
	<u>6</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>24,722</u>	<u>102,526</u>	<u>127,248</u>
EXPENDITURE ON			
Charitable activities			
Charitable costs	<u>12,474</u>	<u>153,502</u>	<u>165,976</u>
NET INCOME/(EXPENDITURE)	<u>12,248</u>	<u>(50,976)</u>	<u>(38,728)</u>
Transfers between funds	<u>32</u>	<u>(32)</u>	<u>-</u>
Net movement in funds	<u>12,280</u>	<u>(51,008)</u>	<u>(38,728)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>15,978</u>	<u>120,407</u>	<u>136,385</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>28,258</u></u>	<u><u>69,399</u></u>	<u><u>97,657</u></u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	3,715	2,631
Other creditors	568	326
Accrued expenses	1,440	1,021
	<u>5,723</u>	<u>3,978</u>

6. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds				
Solva Care General fund	28,258	104	43	28,405
Restricted funds				
Lottery Community Fund - 10332343	2,578	4,701	1,378	8,657
Lottery Dissemination Project	27,558	(11,795)	(15,763)	-
Lottery COVID-19 Together For Change	13,678	(12,158)	(1,520)	-
Together for Change reserve	10,440	10,253	11,683	32,376
4WARDS Project	15,145	(15,107)	(38)	-
Together For Change 2 - 20189048	-	24,939	4,217	29,156
TfC Social Care Wales	-	4,000	-	4,000
	<u>69,399</u>	<u>4,833</u>	<u>(43)</u>	<u>74,189</u>
TOTAL FUNDS	<u>97,657</u>	<u>4,937</u>	<u>-</u>	<u>102,594</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	9,742	(9,638)	104
Restricted funds			
Lottery Community Fund - 10332343	56,209	(51,508)	4,701
Lottery Dissemination Project	-	(11,795)	(11,795)
Lottery COVID-19 Together For Change	-	(12,158)	(12,158)
Together for Change reserve	17,222	(6,969)	10,253
4WARDS Project	30,558	(45,665)	(15,107)
Together For Change 2 - 20189048	104,424	(79,485)	24,939
TfC UKCRF Evaluation	10,000	(10,000)	-
TfC Social Care Wales	4,000	-	4,000
	<u>222,413</u>	<u>(217,580)</u>	<u>4,833</u>
TOTAL FUNDS	<u>232,155</u>	<u>(227,218)</u>	<u>4,937</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Solva Care General fund	13,278	14,959	21	28,258
Local Grants for Third Sector Organisations	700	(700)	-	-
Siop Solfach & Mens Shed	2,000	(2,011)	11	-
	<u>15,978</u>	<u>12,248</u>	<u>32</u>	<u>28,258</u>
Restricted funds				
Nesta Grant	20	-	(20)	-
Lottery Community Fund - 10332343	10,663	(20,843)	12,758	2,578
Lottery Dissemination Project	27,736	(178)	-	27,558
Lottery COVID-19 Together For Change	77,275	(50,827)	(12,770)	13,678
Volunteering For Pembrokeshire Grant	4,713	(4,713)	-	-
Together for Change reserve	-	10,440	-	10,440
4WARDS Project	-	15,145	-	15,145
	<u>120,407</u>	<u>(50,976)</u>	<u>(32)</u>	<u>69,399</u>
TOTAL FUNDS	<u>136,385</u>	<u>(38,728)</u>	<u>-</u>	<u>97,657</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	24,722	(9,763)	14,959
Local Grants for Third Sector Organisations	-	(700)	(700)
Siop Solfach & Mens Shed	-	(2,011)	(2,011)
	<u>24,722</u>	<u>(12,474)</u>	<u>12,248</u>
Restricted funds			
Lottery Community Fund - 10332343	55,287	(76,130)	(20,843)
Lottery Dissemination Project	-	(178)	(178)
Lottery COVID-19 Together For Change	1	(50,828)	(50,827)
Volunteering For Pembrokeshire Grant	6,240	(10,953)	(4,713)
Together for Change reserve	10,440	-	10,440
4WARDS Project	30,558	(15,413)	15,145
	<u>102,526</u>	<u>(153,502)</u>	<u>(50,976)</u>
TOTAL FUNDS	<u>127,248</u>	<u>(165,976)</u>	<u>(38,728)</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Solva Care General fund	13,278	15,063	64	28,405
Restricted funds				
Lottery Community Fund - 10332343	10,663	(16,142)	14,136	8,657
Lottery Dissemination Project	27,736	(11,973)	(15,763)	-
Lottery COVID-19 Together For Change	77,275	(62,985)	(14,290)	-
Together for Change reserve	-	20,693	11,683	32,376
4WARDS Project	-	38	(38)	-
Together For Change 2 - 20189048	-	24,939	4,217	29,156
TfC Social Care Wales	-	4,000	-	4,000
	<u>115,674</u>	<u>(41,430)</u>	<u>(55)</u>	<u>74,189</u>
TOTAL FUNDS	<u>136,385</u>	<u>(33,791)</u>	<u>-</u>	<u>102,594</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	34,464	(19,401)	15,063
Restricted funds			
Lottery Community Fund - 10332343	111,496	(127,638)	(16,142)
Lottery Dissemination Project	-	(11,973)	(11,973)
Lottery COVID-19 Together For Change	1	(62,986)	(62,985)
Together for Change reserve	27,662	(6,969)	20,693
4WARDS Project	61,116	(61,078)	38
Together For Change 2 - 20189048	104,424	(79,485)	24,939
TfC UKCRF Evaluation	10,000	(10,000)	-
TfC Social Care Wales	4,000	-	4,000
	<u>318,699</u>	<u>(360,129)</u>	<u>(41,430)</u>
TOTAL FUNDS	<u>359,403</u>	<u>(393,194)</u>	<u>(33,791)</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

8. SEGMENT ANALYSIS

	Solva Care £	Together for Change £	Total £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	65,949	166,204	232,153
Total			
EXPENDITURE ON			
Charitable costs	61,146	166,070	227,216
NET INCOME	4,803	134	4,937
Transfers between funds	1,421	(1,421)	-
Net movement in funds	6,224	(1,287)	4,937
RECONCILIATION OF FUNDS			
Total funds brought forward	30,836	66,821	97,657
TOTAL FUNDS CARRIED FORWARD	37,060	65,534	102,594

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	8,954	3,244
Donated services and facilities	789	-
Hywel Dda Health Board	4,948	6,590
Leader	-	11,033
Lottery Community Fund	160,631	55,288
Enhancing Pembrokeshire	-	8,695
Volunteering for Pembrokeshire	-	6,240
UKCRF (4WARDS Project)	40,558	30,558
Lottery (People and Places)	12,275	5,600
Social Care Wales	4,000	-
	232,155	127,248
Total incoming resources	232,155	127,248
EXPENDITURE		
Charitable activities		
Wages	105,692	83,220
Social security	3,645	-
Pensions	1,863	1,396
Insurance	199	285
Marketing and communications	5,972	2,583
Manager travel and expenses	7,225	4,562
Room hire	6,281	2,501
Training and courses	87	208
Trustee and volunteer expenses	-	816
Project workers cost	61,150	42,238
Pop up shop	-	2,011
	192,114	139,820
Support costs		
Other		
Wages	26,435	17,419
Computer costs	1,351	3,719
Professional fees	5,796	2,784
Memberships and subscriptions	82	187
Christmas lunch	-	252
Solva Care Donation Fund	-	775
	33,664	25,136

This page does not form part of the statutory financial statements

SOLVA CARE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023**

	2023 £	2022 £
Other		
Governance costs		
Accountancy fees	1,440	1,020
Total resources expended	227,218	165,976
Net income/(expenditure)	4,937	(38,728)

This page does not form part of the statutory financial statements

SOLVA CARE

England & Wales - Charity number 1172878

Accounts



Annual Report



1 April 2021 – 31 March 2022

Executive summary

Whilst in many ways 2021/22 has been a better year, Covid remained a part of our lives and things have not totally got back to 'how it was before'. Some of our plans have had to be curtailed, but this report outlines what we have been able to achieve in the past 12 months, and more importantly, what we plan to achieve in the next year. Solva Care continues to be a community project – we work together to support those in our community who would like support, by maintaining connections with our local GP surgery, local social workers and third sector organisations. We continue to learn, to record the lessons learned from our endeavours, and to apply the learning to improve what we do in the future to build and maintain resilience and sustainability.

We are in the third year of our Five-Year Strategic Plan, in which we set out six strategic objectives that we will continue to progress and review during the next two years. These include continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations to benefit our community and share our learning. This report also outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity in the future.

This report continues to highlight the outcomes and learning from the *Together for Change Project* alongside an ongoing commitment to work towards a local care service. During the year a paper version of our Toolkit was distributed in hard copy to share and support other communities working to provide local services matched to the needs of their community. We also hosted a virtual discussion on the merits and uses of the Toolkit following circulation.

The report also outlines the activities we have provided and the benefits we think they bring. Our work is both rewarding and appreciated with some of the comments from our villagers included. In Spring 2022 we intend to survey people in Solva to ensure that we are continuing to provide what is needed and wanted to the best of our ability.

As stated earlier, we do not work alone and intend to continue to work with and learn from others, outlining in the final section some thoughts for our short, medium- and longer-term areas for development.

Connecting our Community

Foreword from the Chair

This is our sixth Annual Report. Many thanks to our volunteers who have, despite Covid, continued to work together in a mutually beneficial programme of social care, supporting those in need and doing what was needed to make life easier for us all. We have continued to work closely with domiciliary care workers, to create a more integrated care system, and to work towards a preventative care programme, to keep people healthier for longer. We have also begun to research the development of a Solva based, not for profit domiciliary care service, to run alongside the volunteer service, so that we can offer a truly integrated package for those in need. All this alongside our day-to-day work, responding to the needs of local people. Thanks again to everyone who has helped.

We have been able to be flexible in our approach in response to the Covid crisis and are now making plans for our post-Covid period, when people will be out and about more, but some may still be reluctant to put themselves at risk. We encourage people to wear masks if they wish to and continue to space people out at our events – everyone is welcome to attend any of our activities. It is really good to get out and meet people again!

We continue to work closely with Solva Community Council and with other community groups to spread our work to involve the whole community. This joint approach has worked well, we want to develop it and support Solva and other communities to define and meet their own needs for themselves. Our Research Group have made significant progress as has *Ready to Go* – our peer-to-peer mentorship project which is aimed at supporting other communities seeking to develop their own projects, by drawing on the learning from Solva Care. *Together for Change*, our strategic partnership programme, is succeeding to build the voice of communities into service planning and to make a real difference in the County and beyond. We still, however, need a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

This is my last year as Chair of Solva Care. I will stay on as a Trustee and will continue to work in support of the charity. I say thank you every year, to everyone who has helped make Solva Care



into the successful project it has become— our Co-ordinator, our volunteers, our Trustees, the Community Council, the Surgery, the Bayview Stores, and the whole community. Solva Care works because we all work together. We have been able to make a real difference to people's lives and wellbeing and we all feel better for it. I say it every year and mean it every year - thank you.

Mollie Roach,
Chair
Board of Trustees

The Search for Funding...



Introduction

This report provides an overview of Solva Care's achievements over the period from April 2021 to April 2022. Whilst we have included our plans for 2022/23, Covid-19 remains a concern. We accept that any plans can change and will be captured in our next annual report.

We start with a brief background to remind our readers who we are and why we exist, then the report focuses on what we have done over the past year and what we have been able to achieve.

Who we are and why we are here

Solva Care is a community initiative focusing on providing specially designed social care support. It was originally set up by Solva Community Council as a pilot project in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to meet the expressed needs of local residents in the parish of Solva. It is now a well-developed support system, which is run by a Trustee Board, a part-time Co-ordinator, and an Activities assistant, with the help of local volunteers. In addition, we employ researchers specifically to deliver on our funded research projects.

Our aims are to maintain and improve the health and wellbeing of older people and others in the village who need it. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all¹. We try not to label or segregate people and we encourage the generations to come together and mix.

The Co-ordinator currently works with over 50 local volunteers, who are all DBS checked, and have signed a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have got some time to spare to assist their fellow villagers. We also have some young volunteers. Our volunteer numbers have gradually increased over the years and most remain involved in the charity. Continuity has been maintained and relationships are strong

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care aim to fill gaps between services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, with a representative on our Board of Trustees.



¹ As stated earlier, activities have been limited or adapted depending upon the varying levels of COVID – 19 restrictions during the year.



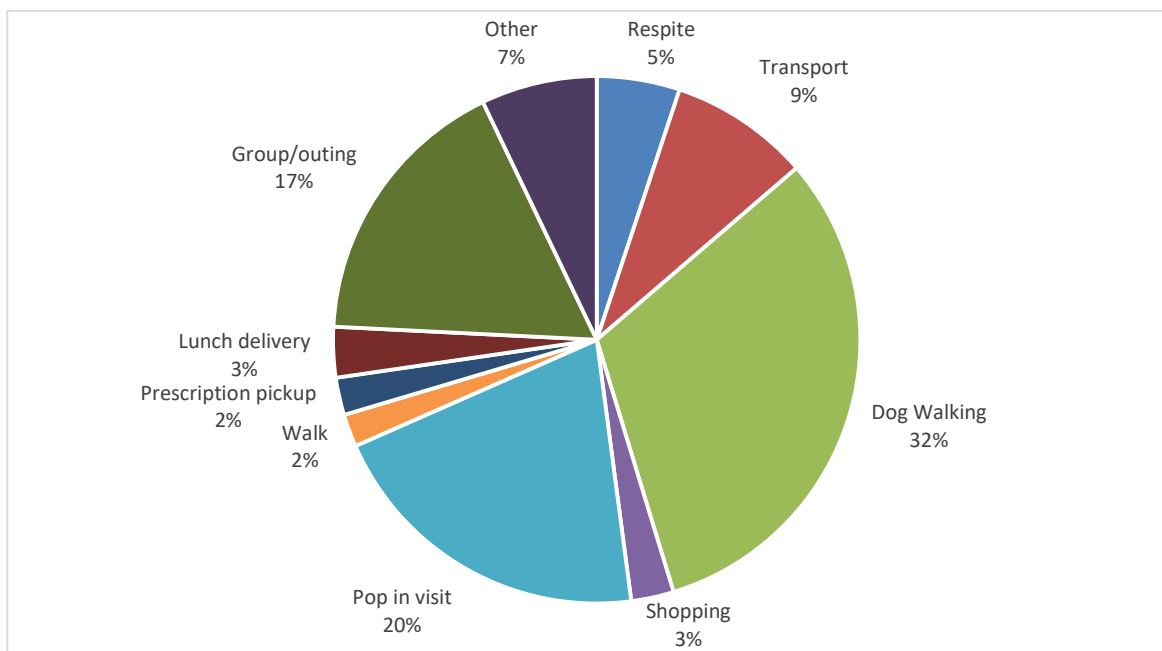
To meet the specific needs and coordinate our response to support of the community throughout the pandemic, a new task and finish group was established at the start of the first lock-down 23 March 2020, bringing together key voluntary groups, including Solva Care, with Solva Community Council. The group was called SNAKE (Solva Neighbourhood Action and Knowledge for Emergencies).

The work of our volunteers and what we do

Through our volunteers we support people with a variety of things such as collecting prescriptions, pop in visits, short respite for family carers, dog walking, shopping, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.

In the period 1 April 2021 to 31 March 2022, 53 volunteers gave just over 2000 hours of support to more than 50 People in Solva. Included in this figure is 335.5 hours spent helping at events organised by us. In addition, trustees (collectively) spent over 90 hours per month on admin, meetings, and training.

(Note. 'Other' includes phone calls, baking for events, IT support, projects – e.g., Mouse trail, advent widows and pop-up shop).



Due to the intermittent restrictions associated with the pandemic face-to-face support was curtailed for some periods and outings cancelled. We were however able to hold a Volunteer social evening in March 2022 to say thank you to all our volunteers for their ongoing and tireless support especially over the past 2 years. We also send birthday cards to our volunteers, to wish them a happy birthday and thank them for being Solva Care volunteers.

What we planned to do during 2021/22 to meet our strategic objectives

Our plans for 2021/22

Our plans included a continuation of work not progressed as quickly during the pandemic and acknowledged that future restrictions may still affect plans.

We intended to continue to move towards working more closely with domiciliary care workers, trying to create a more integrated care system, and towards a preventative care programme which will keep people healthier for longer. We would continue to pursue our aim of the development of a domiciliary care service to run alongside the volunteer service.

Our joint project with Rural Health & Care Wales “CardiCare” was just starting at the beginning of 2020, when Covid-19 halted it. It is a proposed pilot project that will investigate whether our tool kit could be used by other rural communities as a basis of emulating and duplicating our community care model. This will be continued as soon as restrictions are lifted.

In 2020 we had received top up funding from the Lottery to share learning with other communities. Work had started with two major online events planned for the summer 2020 to co-produce the next stages. (See **What we have achieved this year – Together for Change**)

The work to support people of all ages to engage in activities, cultural and physical would continue, with the intent to design and conduct a village wide survey when possible.

Taken from Annual Report 2020/21

Our plans also included:

- Continuing to offer and provide timely, high-quality, person-centred support, to enable people to feel well and remain in their own home. We also planned to offer respite for carers to relieve stress and isolation and continue to develop Solva as a dementia friendly village.
- We had progressed our intent to start a Men’s Sheds type of project that could involve men and women. Having made links with St David’s People’s Shed, virtual meetings have continued with a view to acquiring a meeting place.
- We would continue to encourage and support the uptake of Direct Payments and create a cooperative, or cooperative style organisation, if appropriate, for those wishing to pool and purchase their own wellbeing and care services. We also wanted to build on our register of local people who work as carers and will be looking at ways of supporting those carers.



- Continue to maintain our local Trade Services register, so that the people we support could quickly find reliable local trades people – gardeners, cleaners, maintenance workers etc. and to involve our young people in the Project.

Above all, we wanted to concentrate on responding to individual need, to stay local and focus on keeping our whole community safe, viable and sustainable. Our short term aims included looking at whether we can do more and do it better. Covid-19 had meant that we were supporting more people and more people were willing to help. We had started to contact people we were already supporting asking what more we could do and whether there were things they may need to make the present situation easier. We were also resuming some indoor activities and planned more as restrictions eased.

We acknowledged that in the medium term as lock-down relaxed, people would be out and about more. However, many of those we support may still be reluctant to put themselves at risk. We were therefore devising ways of assisting them to meet up and join in with others whilst still staying safe. We were looking at whether we could work more closely with our local surgery again, as well as Social Services and Withybush Hospital, to make things easier for Solva people.

We noted last year that our current funding would end 2024 and therefore we would need to continue to apply for ongoing funding to ensure that Solva Care can continue. We also stated that we wanted to do more to influence planning at county, regional and national levels to make community projects such as Solva Care sustainable long term.

What we have achieved this year

On 1 April we delivered *Easter cards* made by children in years 3,4 and 5 from Ysgol Penrhyn Dewi along with *Easter muffins* (baked by a Solva Care volunteer) to 29 people we support and most of whom live by themselves. We also organised an *Easter Trail*, asking people to decorate their window or gardens and gave Easter chocolates as prizes. We set up a *Solva Community Seed Share Scheme* located in the Milking Parlour at Bay View Stores courtesy of Mount Farm, where people could donate /or take seeds, which was well used.

With the effects of the pandemic easing up we were able to resume our weekly *Friday Club* activities in the Community Clubhouse from May 2021. We continued to have smaller numbers attending - with face masks, open windows, and social distancing. We generally started with an hour of gentle exercise to help maintain and improve people's balance, strength, and movement. This was followed by refreshments and then a second half of craft, quizzes, poetry, talks and other activities by local people who mostly gave their time for free. We also arranged an *afternoon tea* for one of our regular's birthdays, along with a visit to a volunteer's garden. We were able to start having live music again from September 2020, an activity much loved by all.

We help promote and refer people to the *West Wales Walking for Wellbeing* weekly walks in Solva, organised by Pembrokeshire Coast National Park and supported by Solva Care volunteers.



We ran another set of *IT Support sessions* in June - August for people who needed help with their iPad, smart phones and computers. In July we participated in and assisted with celebrations for *the NHS Day*. One Saturday in August we organised a *Family Dance Workshop* in Solva Memorial Hall in a collaboration with Joon Dance.

Due to continuing restrictions, we were not able to arrange outings as before, but we did make a visit to *Eco Dewi's garden* in St Davids in September 2021. In the summer, we again organised a *Mouse Trail* around the village, where 34 households or businesses painted a mouse on a slab or stone and displayed it by their house or in their window. We made maps, which were free of charge, available to be downloaded from our website or picked up in local shops. The map also included a quiz for children.

The Solva Pop-up shop was started by one of the trustees in May 2021. The aims were to prevent useful items going to landfill, make items available at reasonable prices and to raise funds for Solva Care. This was the start of a drive to make the charity less reliant on grants and to assist in making Solva an eco-village. The six-month test phase proved positive, and a storage shed was acquired and sited near the Community Clubhouse where the shop is held once a month. There is also a stall in the Solva Memorial Hall once a month during the coffee morning. The shed is well stocked with goods donated by people from Solva and surrounding areas.

Items that cannot be sold at these events, such as electrical goods, are donated to other charity shops. Stored goods can be used for bric-a-brac and book stalls at village fetes or other fund-raising events. In the period up to 31 March 2022, the shop raised over £1000 for Solva Care through sales to customers at the shop, directly between people, who then donated to the shop, and web sales. In addition, funds have been raised for the Memorial Hall, the Skateboard Park and Parc y Capel.

We facilitated a Parent and Carer Group for young parents or carers and their children to meet up in the Community Clubhouse for a morning a week starting in June 2021. We held our Annual Meeting in September 2021 – two years after the last one (due to the pandemic).

In December 2021 we again organised '*Sparkling Solva*' - our Living Advent Calendar event, with 35 households in the village having decorated a festive window on a specific date. We were not able to hold our planned outdoor event on the village green, due to bad weather. As usual we delivered *Christmas cards* to all the people we support and to all our volunteers.

What we have achieved this year - Projects

The Covid 19 pandemic was and remains a major challenge. Our services evolved to meet the needs and Solva Care remained operational and responsive throughout, supporting, mostly, the elderly in our community.

The extension to our *Leader project* until September 2021 enabled us to continue to look for different ways of supporting care needs in our community. For example, we worked with a PCC Direct Payments assistant at Pembrokeshire County Council to try to find a personal assistant for a couple of people who wished to use direct payments for some of their care needs.

The pandemic could have blighted the project, however despite Covid 19 and increased operational workload, the project was completed on time. It provides information for the next steps in the future. Had the pandemic not taken place, the process would have been easier, but the team achieved completion due to their resilience and determination. The Final Leader report was submitted at the end of January 2022.

Care companies are still reporting an increased demand for care and are not always able to meet the level of demand required. This is a national ongoing problem. We continue to maintain a register of private care providers, which can be used to help people find carers to meet their care needs. We also continue to maintain our local services register, so that the people we support can quickly find reliable local trades people – gardeners, cleaners, maintenance workers etc.

The Toolkit Dissemination Project was developed by Solva Care and partner organisation PAVS and PLANED into a wider strategic initiative to build on the positive effects of the pandemic. Called *Together for Change*, a programme of work has been agreed with community groups, and third and public sector organisations that will centre on supporting and sustaining local community groups and organisations. Three workstreams were coproduced: a shared vision for a social model of well-being in place-based communities; building and using research evidence; and providing support for community groups and organisations through shared learning and partnerships working.

Together for Change facilitated the agreement on the Ten Point Plan *Together-for-Change-10-Point-Plan-ENGLISH.pdf* (tfc-pembrokeshire.org) and hosted a number of events, including three popular ‘master-classes’ for community groups on making podcasts, using social media and film making. In addition, a hard copy of the Solva Care Toolkit was sent to all Community and Town Councils in Pembrokeshire and is currently being evaluated. See website for details of the considerable achievements *Together for Change* www.tfc-pembrokeshire.org

The Cardi Care Pilot Project, a cooperation with Rural Health and Care Wales was disrupted by the pandemic. The Project is intended to share and adapt the learning in the Solva Care Toolkit in Ceredigion using a structured approach by a local coordinator. It is hoped that, following reprofiling, the Project will be able to commence soon.

How we attempt to demonstrate our impact

Solva Care firmly believe that evaluation is essential to ensure that we are meeting the needs of our people and can change/adapt accordingly. We therefore invite feedback from activities and projects organised or facilitated by Solva Care.

Below is feedback from some of our events and activities.



Friday Club

We asked participants to rate the activities and to answer the following question: 'What do you enjoy about, and what makes you come to, Friday Club?' Here are some of the comments:

'I like the exercises and the social side.'

'Making friends and enjoying myself.'

'Very interesting'.

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'Chocolate cake. All sessions, nice to come out for a change.'

Easter delivery of cards and cupcakes

Have a lovely Easter, thank you for all you do for us, love...

Parent and carer Group

"Another lovely meet at the clubhouse- it really is lovely here and we cannot extend our thanks enough. Thank you again for all your help with this group, it is such a lovely thing to look forward to! it has been lovely after a year of lockdowns to socialise in the sunshine and provide opportunities for the children to meet others. "

General comments

'Many many thanks for all you have done for me, (my husband) and (dog),

'So many thanks for all you did for,,,. Your companionship in particular was so very important to her.'

In addition, there have been two questionnaires to the community to find out what people think about Solva Care, the first one in 2013 and the second one in 2016. Our revised third survey will be distributed in May 2022.

The research project, funded by *Innovate to Save UK* concerning Direct Payments was used as an exemplar of research, conducted within a third sector organisation. It was held up as an example of how research could inform the way health and social care services could be delivered 'or not' in the context of a working setting. The example has helped shape why it could be necessary for NHS research and development to potentially engage in research outside of the health sector. Engaging



in collaborative research could help understand the impact and influence of national policy and strategy on health service use and delivery, in bringing health and social care closer to the community.

What we have learned this year and how we are changing to meet future needs

We are confident that Solva Care's structure with a Co-ordinator and volunteers enables us to initiate different things that may then take on a life of their own. The activities bring people together and increase a sense of community, involvement, and confidence.

The importance of working with others

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We continue to stay in close contact with the local surgery and used to hold a drop-in session there for two hours every Friday morning. This service was suspended during Covid, but we look forward to starting up again as soon as possible. We are part of the Solva Community Land Trust to ensure that the new £3 million housing development meets the needs of older people and to help keep our younger people in the village.

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Looking to the future – Our plans for 2022 - 2023

Short term:

Following our village survey some time will be dedicated to the analysis and sharing of results to inform what is required from Solva Care in the future. Results will be presented and discussed with residents at a village event in the autumn. We will also share the results with Solva Community Council and consider areas where we could work together if required.

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We will actively pursue our aim of the development of a domiciliary care service to run alongside the volunteer service. The feasibility, achievability and desirability will need to be tested as a pilot project. Funding to undertake such a pilot will need to be sought via grant schemes. It is inevitable that we will need to learn from others and collaborate to ensure success.

This year we are acutely aware that our lottery funding will be ending in 2024. In the absence of new funding, it will be essential to consider exactly what Solva Care can and can't deliver on donations alone. We will be working with the community and our partners as the year progresses to fully inform longer term plans and co-produce future strategies.

Longer Term:

What we do know is that Covid-19 has affected our whole community, and we will continue to work with Solva Community Council to maintain our support to the whole community. Obviously, we should not let local initiatives and our successes to date slip away in the absence of addition grants.

We will work to find ways to build on it and to support Solva and other communities in defining and meeting their own needs at a local level. We wish to do more to influence planning at county, regional and national level to make community projects such as Solva Care sustainable long term.

The Solva Care Team



Mollie Roach
Chair of Solva Care
Joe Griffin



John Holland
Vice Chair
Sue Denman



Barbara Bale
Trustee
Fran Barker



Jonathan Higgins
Trustee
Carol-Ann Jones



Sandra Young
Trustee
Susan



Enid Morgan
Trustee
Maggie



McKenzie



Trustee & SCC
Representative



Associate
Trustee



Associate
Member



Associate
Member



Chichlowska
Trustee
(Nov 2021)



Bruce Payne
Treasurer



Lena Dixon
Co-ordinator



Lesley Robertson-Steel
Activity Assistant



Jessie Buchanan
TfC Co-ordinator



Conclusion

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will have up to date information from our survey about what we should continue to do and what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts – the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

REGISTERED COMPANY NUMBER: CE010251 (England and Wales)
REGISTERED CHARITY NUMBER: 1172878

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
FOR
SOLVA CARE**

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

SOLVA CARE

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SOLVA CARE

CHAIR'S REPORT for the Year Ended 31 March 2022

This is our sixth Annual Report. Many thanks to our volunteers who have, despite Covid, continued to work together in a mutually beneficial programme of social care, supporting those in need and doing what was needed to make life easier for us all. We have continued to work closely with domiciliary care workers, to create a more integrated care system, and to work towards a preventative care programme, to keep people healthier for longer. We have also begun to research the development of a Solva based, not for profit domiciliary care service, to run alongside the volunteer service, so that we can offer a truly integrated package for those in need. All this alongside our day-to-day work, responding to the needs of local people. Thanks again to everyone who has helped.

We have been able to be flexible in our approach in response to the Covid crisis and are now making plans for our post-Covid period, when people will be out and about more, but some may still be reluctant to put themselves at risk. We encourage people to wear masks if they wish to and continue to space people out at our events - everyone is welcome to attend any of our activities. It is really good to get out and meet people again!

We continue to work closely with Solva Community Council and with other community groups to spread our work to involve the whole community. This joint approach has worked well, we want to develop it and support Solva and other communities to define and meet their own needs for themselves. Our Research Group have made significant progress as has Ready to Go - our peer-to-peer mentorship project which is aimed at supporting other communities seeking to develop their own projects, by drawing on the learning from Solva Care. Together for Change, our strategic partnership programme, is succeeding to build the voice of communities into service planning and to make a real difference in the County and beyond. We still, however, need a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

This is my last year as Chair of Solva Care. I will stay on as a Trustee and will continue to work in support of the charity. I say thank you every year, to everyone who has helped make Solva Care into the successful project it has become- our Co-ordinator, our volunteers, our Trustees, the Community Council, the Surgery, the Bayview Stores, and the whole community. Solva Care works because we all work together. We have been able to make a real difference to people's lives and wellbeing and we all feel better for it. I say it every year and mean it every year - thank you.

Mollie Roach

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Executive summary

Whilst in many ways 2021/22 has been a better year, Covid remained a part of our lives and things have not totally got back to 'how it was before'. Some of our plans have had to be curtailed, but this report outlines what we have been able to achieve in the past 12 months, and more importantly, what we plan to achieve in the next year. Solva Care continues to be a community project - we work together to support those in our community who would like support, by maintaining connections with our local GP surgery, local social workers and third sector organisations. We continue to learn, to record the lessons learned from our endeavours, and to apply the learning to improve what we do in the future to build and maintain resilience and sustainability.

We are in the third year of our Five-Year Strategic Plan, in which we set out six strategic objectives that we will continue to progress and review during the next two years. These include continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations to benefit our community and share our learning. This report also outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity in the future.

This report continues to highlight the outcomes and learning from the Together for Change Project alongside an ongoing commitment to work towards a local care service. During the year a paper version of our Toolkit was distributed in hard copy to share and support other communities working to provide local services matched to the needs of their community. We also hosted a virtual discussion on the merits and uses of the Toolkit following circulation.

The report also outlines the activities we have provided and the benefits we think they bring. Our work is both rewarding and appreciated with some of the comments from our villagers included. In Spring 2022 we intend to survey people in Solva to ensure that we are continuing to provide what is needed and wanted to the best of our ability.

As stated earlier, we do not work alone and intend to continue to work with and learn from others, outlining in the final section some thoughts for our short, medium- and longer-term areas for development.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

Solva Care is a community initiative focusing on providing specially designed social care support. It was originally set up by Solva Community Council as a pilot project in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to meet the expressed needs of local residents in the parish of Solva. It is now a well-developed support system, which is run by a Trustee Board, a part-time Co-ordinator, and an Activities assistant, with the help of local volunteers. In addition, we employ researchers specifically to deliver on our funded research projects.

Our aims are to maintain and improve the health and wellbeing of older people and others in the village who need it. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all. We try not to label or segregate people and we encourage the generations to come together and mix.

The Co-ordinator currently works with over 50 local volunteers, who are all DBS checked, and have signed a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have got some time to spare to assist their fellow villagers. We also have some young volunteers. Our volunteer numbers have gradually increased over the years and most remain involved in the charity. Continuity has been maintained and relationships are strong.

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care aim to fill gaps between services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, with a representative on our Board of Trustees.

To meet the specific needs and coordinate our response to support of the community throughout the pandemic, a new task and finish group was established at the start of the first lock-down 23 March 2020, bringing together key voluntary groups, including Solva Care, with Solva Community Council. The group was called SNAKE (Solva Neighbourhood Action and Knowledge for Emergencies).

Volunteers

Through our volunteers we support people with a variety of things such as collecting prescriptions, pop in visits, short respite for family carers, dog walking, shopping, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.

In the period 1 April 2021 to 31 March 2022, 53 volunteers gave just over 2000 hours of support to more than 50 People in Solva. Included in this figure is 335.5 hours spent helping at events organised by us. In addition, trustees (collectively) spent over 90 hours per month on admin, meetings, and training.

Due to the intermittent restrictions associated with the pandemic face-to-face support was curtailed for some periods and outings cancelled. We were however able to hold a Volunteer social evening in March 2022 to say thank you to all our volunteers for their ongoing and tireless support especially over the past 2 years. We also send birthday cards to our volunteers, to wish them a happy birthday and thank them for being Solva Care volunteers.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

On 1 April we delivered Easter cards made by children in years 3,4 and 5 from Ysgol Penrhyn Dewi along with Easter muffins (baked by a Solva Care volunteer) to 29 people we support and most of whom live by themselves. We also organised an Easter Trail, asking people to decorate their window or gardens and gave Easter chocolates as prizes. We set up a Solva Community Seed Share Scheme located in the Milking Parlour at Bay View Stores courtesy of Mount Farm, where people could donate /or take seeds, which was well used.

With the effects of the pandemic easing up we were able to resume our weekly Friday Club activities in the Community Clubhouse from May 2021. We continued to have smaller numbers attending - with face masks, open windows, and social distancing. We generally started with an hour of gentle exercise to help maintain and improve people's balance, strength, and movement. This was followed by refreshments and then a second half of craft, quizzes, poetry, talks and other activities by local people who mostly gave their time for free. We also arranged an afternoon tea for one of our regular's birthdays, along with a visit to a volunteer's garden. We were able to start having live music again from September 2020, an activity much loved by all.

We help promote and refer people to the West Wales Walking for Wellbeing weekly walks in Solva, organised by Pembrokeshire Coast National Park and supported by Solva Care volunteers.

We ran another set of IT Support sessions in June - August for people who needed help with their iPad, smart phones and computers. In July we participated in and assisted with celebrations for the NHS Day. One Saturday in August we organised a Family Dance Workshop in Solva Memorial Hall in a collaboration with Joon Dance.

Due to continuing restrictions, we were not able to arrange outings as before, but we did make a visit to Eco Dewi's garden in St Davids in September 2021. In the summer, we again organised a Mouse Trail around the village, where 34 households or businesses painted a mouse on a slab or stone and displayed it by their house or in their window. We made maps, which were free of charge, available to be downloaded from our website or picked up in local shops. The map also included a quiz for children.

The Solva Pop-up shop was started by one of the trustees in May 2021. The aims were to prevent useful items going to landfill, make items available at reasonable prices and to raise funds for Solva Care. This was the start of a drive to make the charity less reliant on grants and to assist in making Solva an eco-village. The six-month test phase proved positive, and a storage shed was acquired and sited near the Community Clubhouse where the shop is held once a month. There is also a stall in the Solva Memorial Hall once a month during the coffee morning. The shed is well stocked with goods donated by people from Solva and surrounding areas.

Items that cannot be sold at these events, such as electrical goods, are donated to other charity shops. Stored goods can be used for bric-a brac and book stalls at village fetes or other fund-raising events. In the period up to 31 March 2022, the shop raised over £1000 for Solva Care through sales to customers at the shop, directly between people, who then donated to the shop, and web sales. In addition, funds have been raised for the Memorial Hall, the Skateboard Park and Parc y Capel.

We facilitated a Parent and Carer Group for young parents or carers and their children to meet up in the Community Clubhouse for a morning a week starting in June 2021. We held our Annual Meeting in September 2021 - two years after the last one (due to the pandemic).

In December 2021 we again organised 'Sparkling Solva' - our Living Advent Calendar event, with 35 households in the village having decorated a festive window on a specific date. We were not able to hold our planned outdoor event on the village green, due to bad weather. As usual we delivered Christmas cards to all the people we support and to all our volunteers.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

What we have achieved this year - Projects

The Covid 19 pandemic was and remains a major challenge. Our services evolved to meet the needs and Solva Care remained operational and responsive throughout, supporting, mostly, the elderly in our community.

The extension to our Leader project until September 2021 enabled us to continue to look for different ways of supporting care needs in our community. For example, we worked with a PCC Direct Payments assistant at Pembrokeshire County Council to try to find a personal assistant for a couple of people who wished to use direct payments for some of their care needs.

The pandemic could have blighted the project, however despite Covid 19 and increased operational workload, the project was completed on time. It provides information for the next steps in the future. Had the pandemic not taken place, the process would have been easier, but the team achieved completion due to their resilience and determination. The Final Leader report was submitted at the end of January 2022.

Care companies are still reporting an increased demand for care and are not always able to meet the level of demand required. This is a national ongoing problem. We continue to maintain a register of private care providers, which can be used to help people find carers to meet their care needs. We also continue to maintain our local services register, so that the people we support can quickly find reliable local trades people - gardeners, cleaners, maintenance workers etc.

The Toolkit Dissemination Project was developed by Solva Care and partner organisation PAVS and PLANED into a wider strategic initiative to build on the positive effects of the pandemic. Called Together for Change, a programme of work has been agreed with community groups, and third and public sector organisations that will centre on supporting and sustaining local community groups and organisations. Three workstreams were coproduced: a shared vision for a social model of well-being in place-based communities; building and using research evidence; and providing support for community groups and organisations through shared learning and partnerships working.

Together for Change facilitated the agreement on the Ten Point Plan ([Together-for-Change-10-Point-Plan-ENGLISH.pdf](#) (tfcpembrokeshire.org)) and hosted a number of events, including three popular 'master-classes' for community groups on making podcasts, using social media and film making. In addition, a hard copy of the Solva Care Toolkit was sent to all Community and Town Councils in Pembrokeshire and is currently being evaluated. See website for details of the considerable achievements Together for Change www.tfcpembrokeshire.org

The Cardi Care Pilot Project, a cooperation with Rural Health and Care Wales was disrupted by the pandemic. The Project is intended to share and adapt the learning in the Solva Care Toolkit in Ceredigion using a structured approach by a local coordinator. It is hoped that, following reprofiling, the Project will be able to commence soon.

How we attempt to demonstrate our impact

Solva Care firmly believe that evaluation is essential to ensure that we are meeting the needs of our people and can change/adapt accordingly. We therefore invite feedback from activities and projects organised or facilitated by Solva Care.

Below is feedback from some of our events and activities.

Friday Club

We asked participants to rate the activities and to answer the following question: 'What do you enjoy about, and what makes you come to, Friday Club?' Here are some of the comments:

'I like the exercises and the social side.'

'Making friends and enjoying myself.'

'Very interesting'.

'Meeting people'.

'Chocolate cake. All sessions, nice to come out for a change.'

Easter delivery of cards and cupcakes

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Have a lovely Easter, thank you for all you do for us, love...

Parent and carer Group

"Another lovely meet at the clubhouse- it really is lovely here and we cannot extend our thanks enough. Thank you again for all your help with this group, it is such a lovely thing to look forward to! it has been lovely after a year of lockdowns to socialise in the sunshine and provide opportunities for the children to meet others. "

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SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

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FINANCIAL REVIEW

Financial position

The end of the period saw financial reserves standing at £97,657 (2021 - £136,385).

Reserves policy

It is the trustees intention to try to maintain reserves at a level equivalent to around four months expenditure.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

FUTURE PLANS

Short term:

Following our village survey some time will be dedicated to the analysis and sharing of results to inform what is required from Solva Care in the future. Results will be presented and discussed with residents at a village event in the autumn. We will also share the results with Solva Community Council and consider areas where we could work together if required.

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We will work to find ways to build on it and to support Solva and other communities in defining and meeting their own needs at a local level. We wish to do more to influence planning at county, regional and national level to make community projects such as Solva Care sustainable long term.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE010251 (England and Wales)

Registered Charity number

1172878

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

Registered office

Little Valley
Wiston
Haverfordwest
Pembrokeshire
SA62 4PJ

Trustees

Mrs M Roach Chair
Ms F Barker Vice chair (resigned 1.5.21)
Mrs S Denman
Dr B Bale
Mrs S Young
J C Higgins
Rev E M Morgan
Dr J Holland
Mrs S Burns

Company Secretary

B D Payne

Independent Examiner

Paul Murray
FCCA
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

CONCLUSION

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will have up to date information from our survey about what we should continue to do and what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

Approved by order of the board of trustees on and signed on its behalf by:

.....
J C Higgins - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SOLVA CARE

Independent examiner's report to the trustees of Solva Care ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Paul Murray
FCCA
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

Date:

SOLVA CARE

**STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>24,722</u>	<u>102,526</u>	<u>127,248</u>	<u>221,385</u>
EXPENDITURE ON					
Raising funds		-	-	-	4,382
Charitable activities					
Charitable costs		<u>12,474</u>	<u>153,502</u>	<u>165,976</u>	<u>103,101</u>
Total		<u>12,474</u>	<u>153,502</u>	<u>165,976</u>	<u>107,483</u>
NET INCOME/(EXPENDITURE)		12,248	(50,976)	(38,728)	113,902
Transfers between funds	6	<u>32</u>	<u>(32)</u>	<u>-</u>	<u>-</u>
Net movement in funds		12,280	(51,008)	(38,728)	113,902
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>15,978</u>	<u>120,407</u>	<u>136,385</u>	<u>22,483</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>28,258</u></u>	<u><u>69,399</u></u>	<u><u>97,657</u></u>	<u><u>136,385</u></u>

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Cash at bank		29,200	72,435	101,635	140,381
CREDITORS					
Amounts falling due within one year	5	(942)	(3,036)	(3,978)	(3,996)
NET CURRENT ASSETS		<u>28,258</u>	<u>69,399</u>	<u>97,657</u>	<u>136,385</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		28,258	69,399	97,657	136,385
NET ASSETS		<u>28,258</u>	<u>69,399</u>	<u>97,657</u>	<u>136,385</u>
FUNDS	6				
Unrestricted funds				28,258	15,978
Restricted funds				69,399	120,407
TOTAL FUNDS				<u>97,657</u>	<u>136,385</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET - continued
31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
J C Higgins - Trustee

The notes form part of these financial statements

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

Trustee expenses of £816 were paid during the period ended 31 March 2022 (2021 - £Nil).

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Co-ordinator	1	1
Administrative	1	1
P&IP development assistant	1	1
Community action researcher	1	1
Together for change project	1	1
	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>30,637</u>	<u>190,748</u>	<u>221,385</u>
EXPENDITURE ON			
Raising funds	-	4,382	4,382
Charitable activities			
Charitable costs	<u>28,286</u>	<u>74,815</u>	<u>103,101</u>
Total	<u>28,286</u>	<u>79,197</u>	<u>107,483</u>
NET INCOME	2,351	111,551	113,902
Transfers between funds	<u>(588)</u>	<u>588</u>	<u>-</u>
Net movement in funds	1,763	112,139	113,902

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	14,215	8,268	22,483
TOTAL FUNDS CARRIED FORWARD	<u>15,978</u>	<u>120,407</u>	<u>136,385</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Social security and other taxes	2,631	2,689
Other creditors	326	347
Accrued expenses	1,021	960
	<u>3,978</u>	<u>3,996</u>

6. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Solva Care General fund	13,278	14,959	21	28,258
Local Grants for Third Sector Organisations	700	(700)	-	-
Siop Solfach & Mens Shed	2,000	(2,011)	11	-
	<u>15,978</u>	<u>12,248</u>	<u>32</u>	<u>28,258</u>
Restricted funds				
Nesta Grant	20	-	(20)	-
Lottery Community Fund	10,663	(20,843)	12,758	2,578
Lottery Dissemination Project	27,736	(178)	-	27,558
Lottery COVID-19 Together For Change	77,275	(50,827)	(12,770)	13,678
Volunteering For Pembrokeshire Grant	4,713	(4,713)	-	-
Lottery (People and Places)	-	10,440	-	10,440
4WARDS Project	-	15,145	-	15,145
	<u>120,407</u>	<u>(50,976)</u>	<u>(32)</u>	<u>69,399</u>
TOTAL FUNDS	<u>136,385</u>	<u>(38,728)</u>	<u>-</u>	<u>97,657</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	24,722	(9,763)	14,959
Local Grants for Third Sector Organisations	-	(700)	(700)
Siop Solfach & Mens Shed	-	(2,011)	(2,011)
	<u>24,722</u>	<u>(12,474)</u>	<u>12,248</u>
Restricted funds			
Lottery Community Fund	55,287	(76,130)	(20,843)
Lottery Dissemination Project	-	(178)	(178)
Lottery COVID-19 Together For Change	1	(50,828)	(50,827)
Volunteering For Pembrokeshire Grant	6,240	(10,953)	(4,713)
Lottery (People and Places)	10,440	-	10,440
4WARDS Project	30,558	(15,413)	15,145
	<u>102,526</u>	<u>(153,502)</u>	<u>(50,976)</u>
TOTAL FUNDS	<u>127,248</u>	<u>(165,976)</u>	<u>(38,728)</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Solva Care General fund	14,215	4,151	(5,088)	13,278
Local Grants for Third Sector Organisations	-	(1,800)	2,500	700
Siop Solfach & Mens Shed	-	-	2,000	2,000
	<u>14,215</u>	<u>2,351</u>	<u>(588)</u>	<u>15,978</u>
Restricted funds				
Nesta Grant	1,702	(2,354)	672	20
Lottery Community Fund	6,566	4,181	(84)	10,663
Lottery Dissemination Project	-	27,736	-	27,736
Lottery COVID-19 Together For Change	-	77,275	-	77,275
Volunteering For Pembrokeshire Grant	-	4,713	-	4,713
	<u>8,268</u>	<u>111,551</u>	<u>588</u>	<u>120,407</u>
TOTAL FUNDS	<u>22,483</u>	<u>113,902</u>	<u>-</u>	<u>136,385</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	30,637	(26,486)	4,151
Local Grants for Third Sector Organisations	-	(1,800)	(1,800)
	<u>30,637</u>	<u>(28,286)</u>	<u>2,351</u>
Restricted funds			
Nesta Grant	-	(2,354)	(2,354)
Lottery Community Fund	54,380	(50,199)	4,181
Lottery Dissemination Project	28,178	(442)	27,736
Lottery COVID-19 Together For Change	94,890	(17,615)	77,275
Volunteering For Pembrokeshire Grant	13,300	(8,587)	4,713
	<u>190,748</u>	<u>(79,197)</u>	<u>111,551</u>
TOTAL FUNDS	<u>221,385</u>	<u>(107,483)</u>	<u>113,902</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Solva Care General fund	14,215	19,110	(5,067)	28,258
Local Grants for Third Sector Organisations	-	(2,500)	2,500	-
Siop Solfach & Mens Shed	-	(2,011)	2,011	-
	<u>14,215</u>	<u>14,599</u>	<u>(556)</u>	<u>28,258</u>
Restricted funds				
Nesta Grant	1,702	(2,354)	652	-
Lottery Community Fund	6,566	(16,662)	12,674	2,578
Lottery Dissemination Project	-	27,558	-	27,558
Lottery COVID-19 Together For Change	-	26,448	(12,770)	13,678
Lottery (People and Places)	-	10,440	-	10,440
4WARDS Project	-	15,145	-	15,145
	<u>8,268</u>	<u>60,575</u>	<u>556</u>	<u>69,399</u>
TOTAL FUNDS	<u>22,483</u>	<u>75,174</u>	<u>-</u>	<u>97,657</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	55,359	(36,249)	19,110
Local Grants for Third Sector Organisations	-	(2,500)	(2,500)
Siop Solfach & Mens Shed	-	(2,011)	(2,011)
	55,359	(40,760)	14,599
Restricted funds			
Nesta Grant	-	(2,354)	(2,354)
Lottery Community Fund	109,667	(126,329)	(16,662)
Lottery Dissemination Project	28,178	(620)	27,558
Lottery COVID-19 Together For Change	94,891	(68,443)	26,448
Volunteering For Pembrokeshire Grant	19,540	(19,540)	-
Lottery (People and Places)	10,440	-	10,440
4WARDS Project	30,558	(15,413)	15,145
	293,274	(232,699)	60,575
TOTAL FUNDS	348,633	(273,459)	75,174

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,244	8,259
Hywel Dda Health Board	6,590	583
Leader	11,033	5,744
Lottery Community Fund	55,288	82,559
Enhancing Pembrokeshire	8,695	16,052
Together For Change	-	108,188
Volunteering for Pembrokeshire	6,240	-
UKCRF (4WARDS Project)	30,558	-
Lottery (People and Places)	5,600	-
	127,248	221,385
Total incoming resources		
	127,248	221,385
EXPENDITURE		
Raising donations and legacies		
Prevention activities	-	4,382
Charitable activities		
Wages	83,220	68,607
Pensions	1,396	971
Insurance	285	199
Marketing and communications	2,583	4,417
Manager travel and expenses	4,562	3,627
Room hire	2,501	43
Training and courses	208	600
Trustee and volunteer expenses	816	-
Project workers cost	42,238	3,007
Pop up shop	2,011	-
	139,820	81,471
Support costs		
Other		
Wages	17,419	12,730
Carried forward	17,419	12,730

This page does not form part of the statutory financial statements

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2022

	2022 £	2021 £
Other		
Brought forward	17,419	12,730
Computer costs	3,719	1,163
Professional fees	2,784	3,722
Memberships and subscriptions	187	425
Christmas lunch	252	-
Solva Care Donation Fund	775	2,630
	<u>25,136</u>	<u>20,670</u>
Governance costs		
Accountancy fees	1,020	960
Total resources expended	<u>165,976</u>	<u>107,483</u>
Net (expenditure)/income	<u>(38,728)</u>	<u>113,902</u>

This page does not form part of the statutory financial statements

REGISTERED COMPANY NUMBER: CE010251 (England and Wales)
REGISTERED CHARITY NUMBER: 1172878

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
FOR
SOLVA CARE**

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

SOLVA CARE

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SOLVA CARE

CHAIR'S REPORT for the Year Ended 31 March 2022

This is our sixth Annual Report. Many thanks to our volunteers who have, despite Covid, continued to work together in a mutually beneficial programme of social care, supporting those in need and doing what was needed to make life easier for us all. We have continued to work closely with domiciliary care workers, to create a more integrated care system, and to work towards a preventative care programme, to keep people healthier for longer. We have also begun to research the development of a Solva based, not for profit domiciliary care service, to run alongside the volunteer service, so that we can offer a truly integrated package for those in need. All this alongside our day-to-day work, responding to the needs of local people. Thanks again to everyone who has helped.

We have been able to be flexible in our approach in response to the Covid crisis and are now making plans for our post-Covid period, when people will be out and about more, but some may still be reluctant to put themselves at risk. We encourage people to wear masks if they wish to and continue to space people out at our events - everyone is welcome to attend any of our activities. It is really good to get out and meet people again!

We continue to work closely with Solva Community Council and with other community groups to spread our work to involve the whole community. This joint approach has worked well, we want to develop it and support Solva and other communities to define and meet their own needs for themselves. Our Research Group have made significant progress as has Ready to Go - our peer-to-peer mentorship project which is aimed at supporting other communities seeking to develop their own projects, by drawing on the learning from Solva Care. Together for Change, our strategic partnership programme, is succeeding to build the voice of communities into service planning and to make a real difference in the County and beyond. We still, however, need a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

This is my last year as Chair of Solva Care. I will stay on as a Trustee and will continue to work in support of the charity. I say thank you every year, to everyone who has helped make Solva Care into the successful project it has become- our Co-ordinator, our volunteers, our Trustees, the Community Council, the Surgery, the Bayview Stores, and the whole community. Solva Care works because we all work together. We have been able to make a real difference to people's lives and wellbeing and we all feel better for it. I say it every year and mean it every year - thank you.

Mollie Roach

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Executive summary

Whilst in many ways 2021/22 has been a better year, Covid remained a part of our lives and things have not totally got back to 'how it was before'. Some of our plans have had to be curtailed, but this report outlines what we have been able to achieve in the past 12 months, and more importantly, what we plan to achieve in the next year. Solva Care continues to be a community project - we work together to support those in our community who would like support, by maintaining connections with our local GP surgery, local social workers and third sector organisations. We continue to learn, to record the lessons learned from our endeavours, and to apply the learning to improve what we do in the future to build and maintain resilience and sustainability.

We are in the third year of our Five-Year Strategic Plan, in which we set out six strategic objectives that we will continue to progress and review during the next two years. These include continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations to benefit our community and share our learning. This report also outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity in the future.

This report continues to highlight the outcomes and learning from the Together for Change Project alongside an ongoing commitment to work towards a local care service. During the year a paper version of our Toolkit was distributed in hard copy to share and support other communities working to provide local services matched to the needs of their community. We also hosted a virtual discussion on the merits and uses of the Toolkit following circulation.

The report also outlines the activities we have provided and the benefits we think they bring. Our work is both rewarding and appreciated with some of the comments from our villagers included. In Spring 2022 we intend to survey people in Solva to ensure that we are continuing to provide what is needed and wanted to the best of our ability.

As stated earlier, we do not work alone and intend to continue to work with and learn from others, outlining in the final section some thoughts for our short, medium- and longer-term areas for development.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

Solva Care is a community initiative focusing on providing specially designed social care support. It was originally set up by Solva Community Council as a pilot project in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to meet the expressed needs of local residents in the parish of Solva. It is now a well-developed support system, which is run by a Trustee Board, a part-time Co-ordinator, and an Activities assistant, with the help of local volunteers. In addition, we employ researchers specifically to deliver on our funded research projects.

Our aims are to maintain and improve the health and wellbeing of older people and others in the village who need it. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all. We try not to label or segregate people and we encourage the generations to come together and mix.

The Co-ordinator currently works with over 50 local volunteers, who are all DBS checked, and have signed a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have got some time to spare to assist their fellow villagers. We also have some young volunteers. Our volunteer numbers have gradually increased over the years and most remain involved in the charity. Continuity has been maintained and relationships are strong.

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care aim to fill gaps between services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, with a representative on our Board of Trustees.

To meet the specific needs and coordinate our response to support of the community throughout the pandemic, a new task and finish group was established at the start of the first lock-down 23 March 2020, bringing together key voluntary groups, including Solva Care, with Solva Community Council. The group was called SNAKE (Solva Neighbourhood Action and Knowledge for Emergencies).

Volunteers

Through our volunteers we support people with a variety of things such as collecting prescriptions, pop in visits, short respite for family carers, dog walking, shopping, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.

In the period 1 April 2021 to 31 March 2022, 53 volunteers gave just over 2000 hours of support to more than 50 People in Solva. Included in this figure is 335.5 hours spent helping at events organised by us. In addition, trustees (collectively) spent over 90 hours per month on admin, meetings, and training.

Due to the intermittent restrictions associated with the pandemic face-to-face support was curtailed for some periods and outings cancelled. We were however able to hold a Volunteer social evening in March 2022 to say thank you to all our volunteers for their ongoing and tireless support especially over the past 2 years. We also send birthday cards to our volunteers, to wish them a happy birthday and thank them for being Solva Care volunteers.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

On 1 April we delivered Easter cards made by children in years 3,4 and 5 from Ysgol Penrhyn Dewi along with Easter muffins (baked by a Solva Care volunteer) to 29 people we support and most of whom live by themselves. We also organised an Easter Trail, asking people to decorate their window or gardens and gave Easter chocolates as prizes. We set up a Solva Community Seed Share Scheme located in the Milking Parlour at Bay View Stores courtesy of Mount Farm, where people could donate /or take seeds, which was well used.

With the effects of the pandemic easing up we were able to resume our weekly Friday Club activities in the Community Clubhouse from May 2021. We continued to have smaller numbers attending - with face masks, open windows, and social distancing. We generally started with an hour of gentle exercise to help maintain and improve people's balance, strength, and movement. This was followed by refreshments and then a second half of craft, quizzes, poetry, talks and other activities by local people who mostly gave their time for free. We also arranged an afternoon tea for one of our regular's birthdays, along with a visit to a volunteer's garden. We were able to start having live music again from September 2020, an activity much loved by all.

We help promote and refer people to the West Wales Walking for Wellbeing weekly walks in Solva, organised by Pembrokeshire Coast National Park and supported by Solva Care volunteers.

We ran another set of IT Support sessions in June - August for people who needed help with their iPad, smart phones and computers. In July we participated in and assisted with celebrations for the NHS Day. One Saturday in August we organised a Family Dance Workshop in Solva Memorial Hall in a collaboration with Joon Dance.

Due to continuing restrictions, we were not able to arrange outings as before, but we did make a visit to Eco Dewi's garden in St Davids in September 2021. In the summer, we again organised a Mouse Trail around the village, where 34 households or businesses painted a mouse on a slab or stone and displayed it by their house or in their window. We made maps, which were free of charge, available to be downloaded from our website or picked up in local shops. The map also included a quiz for children.

The Solva Pop-up shop was started by one of the trustees in May 2021. The aims were to prevent useful items going to landfill, make items available at reasonable prices and to raise funds for Solva Care. This was the start of a drive to make the charity less reliant on grants and to assist in making Solva an eco-village. The six-month test phase proved positive, and a storage shed was acquired and sited near the Community Clubhouse where the shop is held once a month. There is also a stall in the Solva Memorial Hall once a month during the coffee morning. The shed is well stocked with goods donated by people from Solva and surrounding areas.

Items that cannot be sold at these events, such as electrical goods, are donated to other charity shops. Stored goods can be used for bric-a brac and book stalls at village fetes or other fund-raising events. In the period up to 31 March 2022, the shop raised over £1000 for Solva Care through sales to customers at the shop, directly between people, who then donated to the shop, and web sales. In addition, funds have been raised for the Memorial Hall, the Skateboard Park and Parc y Capel.

We facilitated a Parent and Carer Group for young parents or carers and their children to meet up in the Community Clubhouse for a morning a week starting in June 2021. We held our Annual Meeting in September 2021 - two years after the last one (due to the pandemic).

In December 2021 we again organised 'Sparkling Solva' - our Living Advent Calendar event, with 35 households in the village having decorated a festive window on a specific date. We were not able to hold our planned outdoor event on the village green, due to bad weather. As usual we delivered Christmas cards to all the people we support and to all our volunteers.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

What we have achieved this year - Projects

The Covid 19 pandemic was and remains a major challenge. Our services evolved to meet the needs and Solva Care remained operational and responsive throughout, supporting, mostly, the elderly in our community.

The extension to our Leader project until September 2021 enabled us to continue to look for different ways of supporting care needs in our community. For example, we worked with a PCC Direct Payments assistant at Pembrokeshire County Council to try to find a personal assistant for a couple of people who wished to use direct payments for some of their care needs.

The pandemic could have blighted the project, however despite Covid 19 and increased operational workload, the project was completed on time. It provides information for the next steps in the future. Had the pandemic not taken place, the process would have been easier, but the team achieved completion due to their resilience and determination. The Final Leader report was submitted at the end of January 2022.

Care companies are still reporting an increased demand for care and are not always able to meet the level of demand required. This is a national ongoing problem. We continue to maintain a register of private care providers, which can be used to help people find carers to meet their care needs. We also continue to maintain our local services register, so that the people we support can quickly find reliable local trades people - gardeners, cleaners, maintenance workers etc.

The Toolkit Dissemination Project was developed by Solva Care and partner organisation PAVS and PLANED into a wider strategic initiative to build on the positive effects of the pandemic. Called Together for Change, a programme of work has been agreed with community groups, and third and public sector organisations that will centre on supporting and sustaining local community groups and organisations. Three workstreams were coproduced: a shared vision for a social model of well-being in place-based communities; building and using research evidence; and providing support for community groups and organisations through shared learning and partnerships working.

Together for Change facilitated the agreement on the Ten Point Plan ([Together-for-Change-10-Point-Plan-ENGLISH.pdf](#) (tfcpembrokeshire.org)) and hosted a number of events, including three popular 'master-classes' for community groups on making podcasts, using social media and film making. In addition, a hard copy of the Solva Care Toolkit was sent to all Community and Town Councils in Pembrokeshire and is currently being evaluated. See website for details of the considerable achievements Together for Change www.tfcpembrokeshire.org

The Cardi Care Pilot Project, a cooperation with Rural Health and Care Wales was disrupted by the pandemic. The Project is intended to share and adapt the learning in the Solva Care Toolkit in Ceredigion using a structured approach by a local coordinator. It is hoped that, following reprofiling, the Project will be able to commence soon.

How we attempt to demonstrate our impact

Solva Care firmly believe that evaluation is essential to ensure that we are meeting the needs of our people and can change/adapt accordingly. We therefore invite feedback from activities and projects organised or facilitated by Solva Care.

Below is feedback from some of our events and activities.

Friday Club

We asked participants to rate the activities and to answer the following question: 'What do you enjoy about, and what makes you come to, Friday Club?' Here are some of the comments:

'I like the exercises and the social side.'

'Making friends and enjoying myself.'

'Very interesting'.

'Meeting people'.

'Chocolate cake. All sessions, nice to come out for a change.'

Easter delivery of cards and cupcakes

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Have a lovely Easter, thank you for all you do for us, love...

Parent and carer Group

"Another lovely meet at the clubhouse- it really is lovely here and we cannot extend our thanks enough. Thank you again for all your help with this group, it is such a lovely thing to look forward to! it has been lovely after a year of lockdowns to socialise in the sunshine and provide opportunities for the children to meet others. "

General comments

'Many many thanks for all you have done for me, (my husband) and (dog),

'So many thanks for all you did for,,, Your companionship in particular was so very important to her.'

In addition, there have been two questionnaires to the community to find out what people think about Solva Care, the first one in 2013 and the second one in 2016. Our revised third survey will be distributed in May 2022.

The research project, funded by Innovate to Save UK concerning Direct Payments was used as an exemplar of research, conducted within a third sector organisation. It was held up as an example of how research could inform the way health and social care services could be delivered 'or not' in the context of a working setting. The example has helped shape why it could be necessary for NHS research and development to potentially engage in research outside of the health sector. Engaging in collaborative research could help understand the impact and influence of national policy and strategy on health service use and delivery, in bringing health and social care closer to the community.

What we have learned this year and how we are changing to meet future needs

We are confident that Solva Care's structure with a Co-ordinator and volunteers enables us to initiate different things that may then take on a life of their own. The activities bring people together and increase a sense of community, involvement, and confidence.

The importance of working with others

Throughout the Covid 19 pandemic and lock-down we worked closely with Solva Community Council to co-ordinate information and support in the village. We have also been working on a Path Project in Solva together with Solva Community Council - to make parts of the village more accessible for everyone. This project is still ongoing but was disrupted due to Covid-19.

We continue to stay in close contact with the local surgery and used to hold a drop-in session there for two hours every Friday morning. This service was suspended during Covid, but we look forward to starting up again as soon as possible. We are part of the Solva Community Land Trust to ensure that the new £3 million housing development meets the needs of older people and to help keep our younger people in the village.

There are close contacts with other community groups, such as the St Davids Befrienders, Llanrhian Connected Communities and Eco Dewi. We were also contacted by the Red Cross in New Brunswick, Canada to share our experiences with them as they were starting to set up their own similar project.

The Leader Project identified constraints in developing services for a small charity with limited funds, however, significant progress has been made in liaison between services and good networking links. The project has improved access to other care providers, third sector organisations and statutory bodies. All these links have broadened the understanding by other services of the role of Solva Care and Solva Care has become aware of other services and their capabilities. In conclusion, the Project was valuable and informative. A great deal of knowledge, networking and skills have been achieved.

We continue to work with the Hywel Dda University Health board, Community of practice group and they provided the opportunity for one of our employees to enrol for a Social Prescribing Course, which commenced in March 2021. This could be beneficial as Solva Surgery does not yet have Social Prescribers. In February 2021 our employee also commenced training in Mental Health First Aid, a course commissioned and paid for by Hywel Dda University Health Board.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

We joined the PCSN (Pembrokeshire Community Support Network) in 2020, to link and network with other communities in the county. Through Together for Change, we are working closely with PLANED and PAVS. We remain members of the Small is Beautiful Network and retain close links with Swansea University. We regularly share the learning from our work at local and national events and cooperate with external research projects.

FINANCIAL REVIEW

Financial position

The end of the period saw financial reserves standing at £97,657 (2021 - £136,385).

Reserves policy

It is the trustees intention to try to maintain reserves at a level equivalent to around four months expenditure.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

FUTURE PLANS

Short term:

Following our village survey some time will be dedicated to the analysis and sharing of results to inform what is required from Solva Care in the future. Results will be presented and discussed with residents at a village event in the autumn. We will also share the results with Solva Community Council and consider areas where we could work together if required.

Satisfaction with our services will help to determine what needs to change or additional services that would be welcomed. Where funds allow, we will try to respond as far as possible.

As our joint project with Rural Health & Care Wales 'Cardi Care' has been recommenced we will continue to investigate the transferability of our Tool kit to other communities with support. We will also be able to share our learning from the Ready to Go Project which completed earlier in 2022, supporting two other local communities in their endeavours to improve wellbeing.

'Together for Change', which has been our flagship programme of research and evaluation, will require continued access to grant funding if the next stages are to be implemented. Focus will therefore be on grant applications with our partners. Responding to other wider opportunities to research and evaluate community development will continue.

Medium term:

Informed by the village survey, we intend to continue to move towards working more closely with domiciliary care workers, trying to create a more integrated care system, and towards a preventative care programme which will keep people healthier for longer.

We will actively pursue our aim of the development of a domiciliary care service to run alongside the volunteer service. The feasibility, achievability and desirability will need to be tested as a pilot project. Funding to undertake such a pilot will need to be sought via grant schemes. It is inevitable that we will need to learn from others and collaborate to ensure success.

This year we are acutely aware that our lottery funding will be ending in 2024. In the absence of new funding, it will be essential to consider exactly what Solva Care can and can't deliver on donations alone. We will be working with the community and our partners as the year progresses to fully inform longer term plans and co-produce future strategies.

Longer Term:

What we do know is that Covid-19 has affected our whole community, and we will continue to work with Solva Community Council to maintain our support to the whole community. Obviously, we should not let local initiatives and our successes to date slip away in the absence of addition grants.

We will work to find ways to build on it and to support Solva and other communities in defining and meeting their own needs at a local level. We wish to do more to influence planning at county, regional and national level to make community projects such as Solva Care sustainable long term.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE010251 (England and Wales)

Registered Charity number

1172878

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

Registered office

Little Valley
Wiston
Haverfordwest
Pembrokeshire
SA62 4PJ

Trustees

Mrs M Roach Chair
Ms F Barker Vice chair (resigned 1.5.21)
Mrs S Denman
Dr B Bale
Mrs S Young
J C Higgins
Rev E M Morgan
Dr J Holland
Mrs S Burns

Company Secretary

B D Payne

Independent Examiner

Paul Murray
FCCA
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

CONCLUSION

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will have up to date information from our survey about what we should continue to do and what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

Approved by order of the board of trustees on and signed on its behalf by:

.....
J C Higgins - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SOLVA CARE

Independent examiner's report to the trustees of Solva Care ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Paul Murray
FCCA
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

Date:

SOLVA CARE

**STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>24,722</u>	<u>102,526</u>	<u>127,248</u>	<u>221,385</u>
EXPENDITURE ON					
Raising funds		-	-	-	4,382
Charitable activities					
Charitable costs		<u>12,474</u>	<u>153,502</u>	<u>165,976</u>	<u>103,101</u>
Total		<u>12,474</u>	<u>153,502</u>	<u>165,976</u>	<u>107,483</u>
NET INCOME/(EXPENDITURE)		12,248	(50,976)	(38,728)	113,902
Transfers between funds	6	<u>32</u>	<u>(32)</u>	<u>-</u>	<u>-</u>
Net movement in funds		12,280	(51,008)	(38,728)	113,902
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>15,978</u>	<u>120,407</u>	<u>136,385</u>	<u>22,483</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>28,258</u></u>	<u><u>69,399</u></u>	<u><u>97,657</u></u>	<u><u>136,385</u></u>

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Cash at bank		29,200	72,435	101,635	140,381
CREDITORS					
Amounts falling due within one year	5	(942)	(3,036)	(3,978)	(3,996)
NET CURRENT ASSETS		<u>28,258</u>	<u>69,399</u>	<u>97,657</u>	<u>136,385</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		28,258	69,399	97,657	136,385
NET ASSETS		<u>28,258</u>	<u>69,399</u>	<u>97,657</u>	<u>136,385</u>
FUNDS	6				
Unrestricted funds				28,258	15,978
Restricted funds				69,399	120,407
TOTAL FUNDS				<u>97,657</u>	<u>136,385</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET - continued
31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
J C Higgins - Trustee

The notes form part of these financial statements

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

Trustee expenses of £816 were paid during the period ended 31 March 2022 (2021 - £Nil).

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Co-ordinator	1	1
Administrative	1	1
P&IP development assistant	1	1
Community action researcher	1	1
Together for change project	1	1
	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>30,637</u>	<u>190,748</u>	<u>221,385</u>
EXPENDITURE ON			
Raising funds	-	4,382	4,382
Charitable activities			
Charitable costs	<u>28,286</u>	<u>74,815</u>	<u>103,101</u>
Total	<u>28,286</u>	<u>79,197</u>	<u>107,483</u>
NET INCOME	2,351	111,551	113,902
Transfers between funds	<u>(588)</u>	<u>588</u>	<u>-</u>
Net movement in funds	1,763	112,139	113,902

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	14,215	8,268	22,483
TOTAL FUNDS CARRIED FORWARD	<u>15,978</u>	<u>120,407</u>	<u>136,385</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Social security and other taxes	2,631	2,689
Other creditors	326	347
Accrued expenses	1,021	960
	<u>3,978</u>	<u>3,996</u>

6. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Solva Care General fund	13,278	14,959	21	28,258
Local Grants for Third Sector Organisations	700	(700)	-	-
Siop Solfach & Mens Shed	2,000	(2,011)	11	-
	<u>15,978</u>	<u>12,248</u>	<u>32</u>	<u>28,258</u>
Restricted funds				
Nesta Grant	20	-	(20)	-
Lottery Community Fund	10,663	(20,843)	12,758	2,578
Lottery Dissemination Project	27,736	(178)	-	27,558
Lottery COVID-19 Together For Change	77,275	(50,827)	(12,770)	13,678
Volunteering For Pembrokeshire Grant	4,713	(4,713)	-	-
Lottery (People and Places)	-	10,440	-	10,440
4WARDS Project	-	15,145	-	15,145
	<u>120,407</u>	<u>(50,976)</u>	<u>(32)</u>	<u>69,399</u>
TOTAL FUNDS	<u>136,385</u>	<u>(38,728)</u>	<u>-</u>	<u>97,657</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	24,722	(9,763)	14,959
Local Grants for Third Sector Organisations	-	(700)	(700)
Siop Solfach & Mens Shed	-	(2,011)	(2,011)
	<u>24,722</u>	<u>(12,474)</u>	<u>12,248</u>
Restricted funds			
Lottery Community Fund	55,287	(76,130)	(20,843)
Lottery Dissemination Project	-	(178)	(178)
Lottery COVID-19 Together For Change	1	(50,828)	(50,827)
Volunteering For Pembrokeshire Grant	6,240	(10,953)	(4,713)
Lottery (People and Places)	10,440	-	10,440
4WARDS Project	30,558	(15,413)	15,145
	<u>102,526</u>	<u>(153,502)</u>	<u>(50,976)</u>
TOTAL FUNDS	<u>127,248</u>	<u>(165,976)</u>	<u>(38,728)</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Solva Care General fund	14,215	4,151	(5,088)	13,278
Local Grants for Third Sector Organisations	-	(1,800)	2,500	700
Siop Solfach & Mens Shed	-	-	2,000	2,000
	<u>14,215</u>	<u>2,351</u>	<u>(588)</u>	<u>15,978</u>
Restricted funds				
Nesta Grant	1,702	(2,354)	672	20
Lottery Community Fund	6,566	4,181	(84)	10,663
Lottery Dissemination Project	-	27,736	-	27,736
Lottery COVID-19 Together For Change	-	77,275	-	77,275
Volunteering For Pembrokeshire Grant	-	4,713	-	4,713
	<u>8,268</u>	<u>111,551</u>	<u>588</u>	<u>120,407</u>
TOTAL FUNDS	<u>22,483</u>	<u>113,902</u>	<u>-</u>	<u>136,385</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	30,637	(26,486)	4,151
Local Grants for Third Sector Organisations	-	(1,800)	(1,800)
	<u>30,637</u>	<u>(28,286)</u>	<u>2,351</u>
Restricted funds			
Nesta Grant	-	(2,354)	(2,354)
Lottery Community Fund	54,380	(50,199)	4,181
Lottery Dissemination Project	28,178	(442)	27,736
Lottery COVID-19 Together For Change	94,890	(17,615)	77,275
Volunteering For Pembrokeshire Grant	13,300	(8,587)	4,713
	<u>190,748</u>	<u>(79,197)</u>	<u>111,551</u>
TOTAL FUNDS	<u><u>221,385</u></u>	<u><u>(107,483)</u></u>	<u><u>113,902</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Solva Care General fund	14,215	19,110	(5,067)	28,258
Local Grants for Third Sector Organisations	-	(2,500)	2,500	-
Siop Solfach & Mens Shed	-	(2,011)	2,011	-
	<u>14,215</u>	<u>14,599</u>	<u>(556)</u>	<u>28,258</u>
Restricted funds				
Nesta Grant	1,702	(2,354)	652	-
Lottery Community Fund	6,566	(16,662)	12,674	2,578
Lottery Dissemination Project	-	27,558	-	27,558
Lottery COVID-19 Together For Change	-	26,448	(12,770)	13,678
Lottery (People and Places)	-	10,440	-	10,440
4WARDS Project	-	15,145	-	15,145
	<u>8,268</u>	<u>60,575</u>	<u>556</u>	<u>69,399</u>
TOTAL FUNDS	<u><u>22,483</u></u>	<u><u>75,174</u></u>	<u><u>-</u></u>	<u><u>97,657</u></u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	55,359	(36,249)	19,110
Local Grants for Third Sector Organisations	-	(2,500)	(2,500)
Siop Solfach & Mens Shed	-	(2,011)	(2,011)
	55,359	(40,760)	14,599
Restricted funds			
Nesta Grant	-	(2,354)	(2,354)
Lottery Community Fund	109,667	(126,329)	(16,662)
Lottery Dissemination Project	28,178	(620)	27,558
Lottery COVID-19 Together For Change	94,891	(68,443)	26,448
Volunteering For Pembrokeshire Grant	19,540	(19,540)	-
Lottery (People and Places)	10,440	-	10,440
4WARDS Project	30,558	(15,413)	15,145
	293,274	(232,699)	60,575
TOTAL FUNDS	348,633	(273,459)	75,174

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,244	8,259
Hywel Dda Health Board	6,590	583
Leader	11,033	5,744
Lottery Community Fund	55,288	82,559
Enhancing Pembrokeshire	8,695	16,052
Together For Change	-	108,188
Volunteering for Pembrokeshire	6,240	-
UKCRF (4WARDS Project)	30,558	-
Lottery (People and Places)	5,600	-
	127,248	221,385
Total incoming resources		
	127,248	221,385
EXPENDITURE		
Raising donations and legacies		
Prevention activities	-	4,382
Charitable activities		
Wages	83,220	68,607
Pensions	1,396	971
Insurance	285	199
Marketing and communications	2,583	4,417
Manager travel and expenses	4,562	3,627
Room hire	2,501	43
Training and courses	208	600
Trustee and volunteer expenses	816	-
Project workers cost	42,238	3,007
Pop up shop	2,011	-
	139,820	81,471
Support costs		
Other		
Wages	17,419	12,730
Carried forward	17,419	12,730

This page does not form part of the statutory financial statements

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2022

	2022 £	2021 £
Other		
Brought forward	17,419	12,730
Computer costs	3,719	1,163
Professional fees	2,784	3,722
Memberships and subscriptions	187	425
Christmas lunch	252	-
Solva Care Donation Fund	775	2,630
	<u>25,136</u>	<u>20,670</u>
Governance costs		
Accountancy fees	1,020	960
	<u>165,976</u>	<u>107,483</u>
Total resources expended		
Net (expenditure)/income	<u>(38,728)</u>	<u>113,902</u>

This page does not form part of the statutory financial statements

SOLVA CARE

England & Wales - Charity number 1172878

Accounts

REGISTERED COMPANY NUMBER: CE010251 (England and Wales)
REGISTERED CHARITY NUMBER: 1172878

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR
SOLVA CARE**

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

SOLVA CARE

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SOLVA CARE

CHAIR'S REPORT for the Year Ended 31 March 2021

This is our fifth Annual Report, covering what we now think of as 'the year of Covid'. Last year, the plans we made for the coming year concerned working more closely with domiciliary care workers, trying to create a more integrated care system, and working towards a preventative care programme, to keep people healthier for longer. We also wanted to pursue our aim of the development of a domiciliary care service to run alongside the volunteer service. All this alongside our day-to-day work, responding to the needs of local people and working together in a mutually beneficial programme of care.

We have got very good at finding 'covid proof' ways of continuing our work. Working with the community, we have continued to offer support and our regular volunteers have been joined by many others, all willing to help. We have been flexible in our approach and have been able to respond to all requests for assistance. We are also making plans for our post-covid period, when people will be out and about more, but some may still be reluctant to put themselves at risk. We are therefore devising ways of assisting people to meet up and join in with others whilst still staying safe.

Covid-19 has affected everyone, and we have worked closely with Solva Community Council, meeting on a weekly basis, to extend our support to the whole community. This joint approach worked well, and we want to find ways to build on it and to support Solva and other communities in defining and meeting their own needs at a local level. We have made use of the top up funding we received from the lottery to make progress in working with other rural communities which are seeking to develop their own projects. Together for Change held several well-attended online events in June and November 2020 exploring what can be done to support other community projects that started up during the pandemic. Our work still needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level.

Every year, I thank everyone who has helped - our Co-ordinator, our volunteers, our Trustees, the Community Council, the Surgery, the Bayview Stores, and the whole community. It works because we all work together. We have been able to make a real difference to people's lives and wellbeing and we all feel better for it. I say it every year and mean it every year. Thank you.

Mollie Roach
Chair
Board of Trustees

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Executive summary

As a result of the COVID - 19 pandemic 2020/21 has been a year like no other. Whilst some of our plans for the year had to be curtailed, this report sets out what we have been able to achieve during our fifth and most challenging year of operation, and more importantly, what we hope to achieve in the next phase, (Covid allowing). Above all, Solva Care has continued to be a community project - we have worked together to care for those in our community who needed support as far as restrictions have allowed, maintaining connections with our local GP surgery, local social workers and third sector organisations. We have continued to learn, to record the lessons learned, and to apply the learning to improve what we do in the future to build and maintain resilience and sustainability.

The Strategy of Solva Care for 2019-2024 set out six strategic objectives which we have continued to progress and review during 2020/21. These include continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals, as far as was possible, to maintain and enhance health and well-being. We describe in this report how we have been able to extend our programme and forge constructive working relationships with other organisations to benefit our community and share our learning. The report outlines our commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a charity in the future.

In particular, the report highlights the outcomes and learning from the Together for Change Project alongside an ongoing commitment to work towards a local care service through Direct Payments (the PIP Project - Prevention Integration Partnership). Having benefitted from support to develop our online Toolkit, this has now been made available as an edited paper version, which we have distributed in hard copy to share and support other communities working to provide local services matched to the needs of their community. We also hosted a virtual discussion on the merits and uses of the Toolkit following circulation.

The report outlines the activities we have been able to provide and the benefits we think they bring. Our work is both rewarding and appreciated with some of the comments from our villagers included. When the time is right (post Covid-19 restrictions) we intend to survey people in Solva to ensure that we are continuing to provide what is needed and wanted to the best of our ability.

As stated earlier, we do not work alone and intend to continue to work with and learn from others, outlining in the final section some thoughts for our short, medium- and longer-term areas for development.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

OBJECTIVES AND ACTIVITIES

Objectives and aims

Solva Care is a community initiative focusing on providing specially designed social care support. It was originally set up by Solva Community Council as a pilot project in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to those who need it in the parish of Solva. It is a well-developed support system, which is run by a trustee board and a part-time co-ordinator and activities assistant, with the help of local volunteers. In addition, we employ 2 researchers specifically to deliver on our funded research projects.

Our aims are to maintain and improve the health and wellbeing of older people and others who need it. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all.

We currently work with 50 local volunteers, some of whom volunteered for the first time in response to the pandemic. Volunteers are DBS checked, and sign a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have got some time to spare to assist their fellow villagers. We also have some young volunteers.

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care is filling the gaps in the provision of services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, which is represented on our Board of Trustees. To meet the specific needs and coordinate our response to support of the community throughout the pandemic, a new task and finish group was established at the start of the first lock-down 23 March 2020, bringing together key voluntary groups, including Solva Care, with Solva Community Council. The group was called SNAKE (Solva Neighbourhood Action and Knowledge for Emergencies) and continued to meet until March 2021.

Volunteers

Through our volunteers we support people with a variety of things such as shopping, collecting prescriptions, pop in visits, short respite for family carers, dog walking, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.

In the period 1 April 2020 to 31 March 2021, 40 volunteers (plus 51 extra volunteers during lockdown) gave 1255 hours of support to over 60 People in Solva. Included in this figure is 118 hours spent helping at events organised by us. Trustees spent over 140 hours per month on admin and meetings. Although some volunteers were shielding, they helped in other ways, for instance by making phone calls and baking.

During the last 12 months, Covid 19 has affected the support we have been able to give. For a large part of the year, we had to stop all face-to-face support, cancel outings and activities and the planned Volunteer Day. Instead, we came up with other ideas to reassure people that they had not been forgotten, such as deliveries of afternoon tea, Valentine's cards cookies and story-writing groups.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Due to the pandemic, we had to suspend much of our support and activities for months at the time. Instead, we had to come up with other ways of connecting people. At the start of the first lock-down we set up a blog 'Solva Stories, where people could share photos, stories, poems, recipes etc. We nominated people for a Cwtch box, for instance people who had recently had a bereavement, been ill or lived alone. We provided an Outdoor library, in a plastic storage unit on the Green, with donated books and DVDs. For VE Day on the 8th of May, we encouraged people to have tea in their front gardens and to decorate their houses with bunting. We also asked the volunteers as well as the people we support to phone each other.

In the summer, we devised a Mouse Trail, by asking people in the village to paint a mouse on a slab or stone and display it by their house or in their window. We had maps made by local volunteers that were available online and in local shops. The map, which was free of charge, included a quiz for children as well. As soon as we were able to meet outside, we arranged visits in people's gardens and walks. In August we delivered Afternoon Tea to thirty of our older people.

During the periods we were allowed to meet inside we arranged our weekly Friday Club in the football clubhouse - although for smaller numbers - with face masks, open windows, and hand gel. There were two hours of gentle exercise, craft, quizzes, talks and other activities. Local people mostly gave their time for free. We have continued to devote the first half of our weekly Friday Club to gentle exercise, provided by a local Qigong teacher, to maintain and improve people's balance, strength, and movement. We also help promote and refer people to the West Wales Walking for Wellbeing weekly walks. In addition, we provided people we support with exercise sheets to do at home and encouraged those who could, to use online facilities for yoga and other exercise. We also started IT Support sessions to help people get online.

In November we treated people to a Fish & Chips delivery in cooperation with the Solva Luncheon Club. In December 2020 we again organised our Living Advent Calendar event 'Sparkling Solva', where 31 households in the village undertook to decorate an Advent Window on a specific date. We had to cancel our planned outdoor event on the village green, unfortunately, due to bad weather. We also delivered Christmas cards and mince pies to the people we support as well as Christmas cards to all volunteers.

In February 2021 we arranged a Fish & Chips take away for volunteers to thank them for all their support. We delivered Valentine's cards and cookies and for St Davids Day Cawl & daffodils. We started to give birthday cards to all volunteers and organised online Writing for wellbeing sessions run by a local writer and psychotherapist. We asked those who were not online to write a story on the theme 'Living/Moving to/Growing up in Solva', which we copied and passed around so that everyone could read the others' stories.

The extension to our Leader project until September 2022 has enabled the project lead to continue to work with those delivering hands-on domiciliary care in Solva, so that between us, we can deliver seamless, user focused continuity of care. We have continued to maintain our local services register, so that the people we support can quickly find reliable local trades people - gardeners, cleaners, maintenance workers etc. and involve our young people in the Project.

PIP continues to maintain a register of local people who work as Carers and to look at ways of supporting those carers. Above all, Solva Care want to concentrate on responding to individual need, to stay local and focus on keeping our whole community viable and sustainable.

The Toolkit Dissemination Project has been developed by Solva Care and partner organisation PAVS and PLANED into a wider initiative to build on the positive effects of the pandemic. Called Together for Change, a programme of work has been agreed with community groups, and third and public sector organisations that will centre on supporting and sustaining local community groups. Solva Care is hosting Together for Change. Three workstreams are being focused on: a shared vision for community development, building and using research evidence, and providing support for community groups through shared learning and partnerships working. Together for Change hosted three popular masterclasses for community groups on making podcasts, using social media and film making. More sessions are planned. A hard copy of the Solva Care toolkit was sent to all Community and Town Councils in Pembrokeshire and is currently being evaluated. See website for the detail of the considerable achievements Together for Change www.tfcembrokeshire.org

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

The Cardi Care pilot project, a cooperation with Rural Health and Care Wales, that will investigate whether our tool kit can be used by other rural communities as a basis of emulating and duplicating our community care model, was disrupted by the pandemic but it is hoped that work can resume soon.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE

What benefits have been achieved?

Solva Care firmly believe that evaluation of all our events and activities is essential to ensure that we are meeting the needs of our people and can change/adapt accordingly. Below is feedback from some of our events and activities.

The Mouse trail:

We enjoyed being part of it, thank you. Customers who had collected maps from us came back and reported that they'd loved doing the trail and especially appreciated discovering more of the village. Look forward to whatever next.

Thank you... We had fun doing this and our 2 nieces really enjoyed being a part of it. Looking forward to the next one!

Thank you so much for organising it, really enjoyed seeing them around the village. Many thanks.'

We helped a family, who live away, when their mother in Solva passed away: distributed plants and items from her house and passed clothes on to Shalom . Cooker, crockery, and cutlery went to the football clubhouse. We found a place for the family to stay when they came down for the funeral during lock-down and a new home for the dog. The son kindly recorded a short video about this for The not Welsh Charity Awards, which they put on Twitter and Facebook. The daughter nominated Solva Care co-ordinator Lena Dixon for Good Housekeeping's National treasure (Dec. 2020 issue).

We helped set up for Christmas lunch in Solva Memorial Hall and organised deliveries of food to people electing to have their lunch at home.

'Just a note to say a very, very big thank you for my Christmas lunch.... It was indeed delightful and good to eat! Please thank all who were involved.'

'Thank you for the wonderful food you delivered to my gran... today. She was very grateful... and she thoroughly enjoyed it.'

Feedback from Mince pie, cake & Christmas card delivery to people we support:

'Many thanks for the mince pie and cake. What a lovely treat'

'Thank you for all your help in 2020'.

A nice surprise! One lovely mince pie & a piece of chocolate cake.....I felt quite overwhelmed by the kind gesture & now I look forward to enjoying eating my very nice surprise at Christmas.

We inspired Manorbier to do their own Advent window trail.
<https://www.westerntelegraph.co.uk/news/18955388.manorbiers-magical-advent-calendar-sparkling-surprise-around-every-corner/>

We contributed to St Davids food hub's Christmas food & treat boxes delivered to 47 households on the St Davids peninsula.

'We are so very grateful for your kind offer to donate goodies and treats for the Xmas boxes... thank everyone at Solva Care for this generosity.'

We invited feedback from the online Writing for Wellbeing sessions via a questionnaire:

I have definitely taken more notice of the detail in the world around me and tried to use words to describe what I see.

I loved the positivity of the sessions, the beautiful poetry and the writing prompts, but what I liked most was seeing smiling faces every Wednesday afternoon.

I felt relaxed and in a good mood afterwards. If I had had a particularly busy day, it made me feel refreshed after.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE

There being no pressure to share or otherwise contribute meant I could relax and not worry about what I was writing. It was nice to have the space to notice my own reactions to the exercises and poems that you read out and consider them privately.

What we have learned this year and how we are changing to meet future needs

We are confident that Solva Care's structure with a Co-ordinator and volunteers enables us to initiate different things that may then take on a life of their own. The activities bring people together and increase a sense of community, involvement, and confidence. The result of this can be seen in the response to the Covid-19 crisis. When we were able to, we ran our usual activities and during lock-down we came up with alternatives.

The importance of effective communication between trustees and employees to enable the sharing of documents and specially to comply with the new Data Protection regulations led us to a review to ensure an appropriate computer system. We therefore decided to set up a Microsoft Teams System (part of Microsoft Office 365), although the implementation was interrupted by Covid-19.

How we attempt to demonstrate our impact

We evaluate and invite feedback from activities and projects organised or facilitated by Solva Care. In addition, there have been two questionnaires to the community to find out what people think about Solva Care, the first one in 2013 and the second one in 2016. We had prepared a third survey but decided to postpone it due to the pandemic.

The research project, funded by Innovate to Save UK concerning Direct Payments was used as an exemplar of research, carried out within a third sector organisation. It was held up as an example of how research could inform the way health and social care services could be delivered 'or not' in the context of a working setting. The example has helped shaped why it could be necessary for NHS research and development to potentially engage in research outside of the health sector. Engaging in collaborative research could help understand the impact and influence of national policy and strategy on health service use and delivery, in bringing health and social care closer to the community.

The importance of working with others

Throughout the Covid 19 pandemic and lock-down we have worked closely with Solva Community Council to co-ordinate information and support in the village. We have also been working on a Path Project in Solva together with Solva Community Council - to make parts of the village more accessible for everyone. This project is still ongoing but was halted due to Covid-19.

We continue to stay in close contact with the local surgery, holding a drop-in session for two hours every Friday morning. This service has been suspended during Covid, but we look forward to starting up again as soon as possible. We are part of the Solva Community Land Trust to ensure that the new £3 million housing development meets the needs of older people and to help keep our younger people in the village.

We joined the PCSN (Pembrokeshire Community Support Network) in 2020, to link and network with other communities in the county. In connection with Together for Change, we are working closely with PLANED and PAVS. Although the Cardi Care project has suffered delay, there are signs that this will be back on track in the second half of 2021. In the summer of 2020 trustees, volunteers and staff of Solva Care were interviewed by a PHD student as part of a study to Explore and compare cases of innovation in the organisation and delivery of social care services.

FINANCIAL REVIEW

Financial position

The end of the period saw financial reserves standing at £136,385 (2020 - £22,483).

Reserves policy

It is the trustees intention to try to maintain reserves at a level equivalent to around four months expenditure.

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

FUTURE PLANS

Short term: we are looking at whether we can do more and do it better. Covid-19 has meant that we are supporting more people and more people are willing to help. We have started to contact people we are already supporting and asking what more we can do and whether there are things they may need to make the present situation easier. We are also resuming some indoor activities and plan more as restrictions ease.

Medium term: as lock-down is relaxed, people will be out and about more. However, many of those we support may still be reluctant to put themselves at risk. We are therefore devising ways of assisting them to meet up and join in with others whilst still staying safe. We are looking at whether we could work more closely with our local surgery, Social Services, Withybush Hospital, to make things easier for Solva people.

Longer Term: as Covid-19 has affected our whole community, we have worked with Solva Community Council to extend our support to the whole community. Old and young, those who are fit and healthy and those who are not or who are ill. This joint approach is working well, so for the longer term we will be considering a more joined-up approach - both here in Solva and further afield.

The local community response has been the most directly effective in meeting the needs of the communities. We should not let local initiatives slip away as the crisis lessens. We want to find ways to build on it and to support Solva and other communities in defining and meeting their own needs at a local level. We wish to do more to influence planning at county, regional and national level to make community projects such as Solva Care sustainable long term.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE010251 (England and Wales)

Registered Charity number

1172878

Registered office

Little Valley
Wiston
Haverfordwest
Pembrokeshire
SA62 4PJ

SOLVA CARE

REPORT OF THE TRUSTEES for the Year Ended 31 March 2021

Trustees

Mrs M Roach Chair
Ms F Barker Vice chair (resigned 1.5.21)
Mrs S Denman
Dr B Bale
Ms C A Jones (resigned 1.3.21)
Mrs S Young
J C Higgins
Mrs W M Wright (deceased 1.3.21)
Rev E M Morgan
Dr J Holland
Mrs S Burns

Company Secretary

B D Payne

Independent Examiner

Paul Murray
ACCA
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

CONCLUSION

Although Solva Care has National Lottery funding until 2023, we still lack security regarding long term funding. We are doubly grateful to local people for their fundraising efforts - the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level. We plan ahead and during early 2021 Trustees held an extra ordinary meeting to review and update the 2019/24 strategy document to take into account both local and national changes and what we have learned from the pandemic. We will shortly be doing another Community Survey in order to keep up to date with changes in our own community. The strategy document will reflect these changes and our response to them.

Approved by order of the board of trustees on 3 September 2021 and signed on its behalf by:



J C Higgins - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SOLVA CARE**

Independent examiner's report to the trustees of Solva Care ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Murray
ACCA
L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

3 September 2021

SOLVA CARE

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		30,637	190,748	221,385	81,454
EXPENDITURE ON					
Raising funds		-	4,382	4,382	4,982
Charitable activities					
Charitable costs		28,286	74,815	103,101	76,005
Total		<u>28,286</u>	<u>79,197</u>	<u>107,483</u>	<u>80,987</u>
NET INCOME		<u>2,351</u>	<u>111,551</u>	<u>113,902</u>	<u>467</u>
Transfers between funds	6	<u>(588)</u>	<u>588</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>1,763</u>	<u>112,139</u>	<u>113,902</u>	<u>467</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>14,215</u>	<u>8,268</u>	<u>22,483</u>	<u>22,016</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>15,978</u></u>	<u><u>120,407</u></u>	<u><u>136,385</u></u>	<u><u>22,483</u></u>

The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank		16,938	123,443	140,381	24,340
CREDITORS					
Amounts falling due within one year	5	(960)	(3,036)	(3,996)	(1,857)
NET CURRENT ASSETS		<u>15,978</u>	<u>120,407</u>	<u>136,385</u>	<u>22,483</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		15,978	120,407	136,385	22,483
NET ASSETS		<u>15,978</u>	<u>120,407</u>	<u>136,385</u>	<u>22,483</u>
FUNDS	6				
Unrestricted funds				15,978	14,215
Restricted funds				<u>120,407</u>	<u>8,268</u>
TOTAL FUNDS				<u>136,385</u>	<u>22,483</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

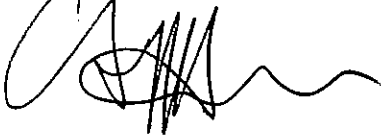
The notes form part of these financial statements

SOLVA CARE

BALANCE SHEET - continued
31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 3 September 2021 and were signed on its behalf by:

A handwritten signature in black ink, appearing to be 'J C Higgins', written over a series of horizontal lines.

J C Higgins - Trustee

The notes form part of these financial statements

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

Trustee expenses of £2,537 were paid during the period ended 31 March 2018 (2018 - £2,449).

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Co-ordinator	1	1
Administrative	1	1
P&IP development assistant	1	1
Community action researcher	1	1
Together for change project	1	-
	<u>5</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	19,156	62,298	81,454
EXPENDITURE ON			
Raising funds	593	4,389	4,982
Charitable activities			
Charitable costs	26,692	49,313	76,005
Total	<u>27,285</u>	<u>53,702</u>	<u>80,987</u>
NET INCOME/(EXPENDITURE)	(8,129)	8,596	467
Transfers between funds	<u>6,858</u>	<u>(6,858)</u>	<u>-</u>
Net movement in funds	(1,271)	1,738	467

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	15,487	6,529	22,016
TOTAL FUNDS CARRIED FORWARD	<u>14,216</u>	<u>8,267</u>	<u>22,483</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Social security and other taxes	2,689	873
Other creditors	347	84
Accrued expenses	960	900
	<u>3,996</u>	<u>1,857</u>

6. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Solva Care General fund	14,215	4,151	(5,088)	13,278
Local Grants for Third Sector Organisations	-	(1,800)	2,500	700
Siop Solfach & Mens Shed	-	-	2,000	2,000
	<u>14,215</u>	<u>2,351</u>	<u>(588)</u>	<u>15,978</u>
Restricted funds				
Nesta Grant	1,702	(2,354)	672	20
Lottery Community Fund	6,566	4,181	(84)	10,663
Lottery Dissemination Project	-	27,736	-	27,736
Lottery COVID-19 Together For Change	-	77,275	-	77,275
Volunteering For Pembrokeshire Grant	-	4,713	-	4,713
	<u>8,268</u>	<u>111,551</u>	<u>588</u>	<u>120,407</u>
TOTAL FUNDS	<u>22,483</u>	<u>113,902</u>	<u>-</u>	<u>136,385</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	30,637	(26,486)	4,151
Local Grants for Third Sector Organisations	-	(1,800)	(1,800)
	<u>30,637</u>	<u>(28,286)</u>	<u>2,351</u>
Restricted funds			
Nesta Grant	-	(2,354)	(2,354)
Lottery Community Fund	54,380	(50,199)	4,181
Lottery Dissemination Project	28,178	(442)	27,736
Lottery COVID-19 Together For Change	94,890	(17,615)	77,275
Volunteering For Pembrokeshire Grant	13,300	(8,587)	4,713
	<u>190,748</u>	<u>(79,197)</u>	<u>111,551</u>
TOTAL FUNDS	<u>221,385</u>	<u>(107,483)</u>	<u>113,902</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
Solva Care General fund	15,487	(8,130)	6,858	14,215
Restricted funds				
Nesta Grant	6,529	2,031	(6,858)	1,702
Lottery Community Fund	-	6,566	-	6,566
	<u>6,529</u>	<u>8,597</u>	<u>(6,858)</u>	<u>8,268</u>
TOTAL FUNDS	<u>22,016</u>	<u>467</u>	<u>-</u>	<u>22,483</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	19,156	(27,286)	(8,130)
Restricted funds			
Nesta Grant	7,200	(5,169)	2,031
Lottery Community Fund	55,098	(48,532)	6,566
	<u>62,298</u>	<u>(53,701)</u>	<u>8,597</u>
TOTAL FUNDS	<u>81,454</u>	<u>(80,987)</u>	<u>467</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Solva Care General fund	15,487	(3,979)	1,770	13,278
Local Grants for Third Sector Organisations	-	(1,800)	2,500	700
Siop Solfach & Mens Shed	-	-	2,000	2,000
	<u>15,487</u>	<u>(5,779)</u>	<u>6,270</u>	<u>15,978</u>
Restricted funds				
Nesta Grant	6,529	(323)	(6,186)	20
Lottery Community Fund	-	10,747	(84)	10,663
Lottery Dissemination Project	-	27,736	-	27,736
Lottery COVID-19 Together For Change	-	77,275	-	77,275
Volunteering For Pembrokeshire Grant	-	4,713	-	4,713
	<u>6,529</u>	<u>120,148</u>	<u>(6,270)</u>	<u>120,407</u>
TOTAL FUNDS	<u>22,016</u>	<u>114,369</u>	<u>-</u>	<u>136,385</u>

SOLVA CARE

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Solva Care General fund	49,793	(53,772)	(3,979)
Local Grants for Third Sector Organisations	-	(1,800)	(1,800)
	49,793	(55,572)	(5,779)
Restricted funds			
Nesta Grant	7,200	(7,523)	(323)
Lottery Community Fund	109,478	(98,731)	10,747
Lottery Dissemination Project	28,178	(442)	27,736
Lottery COVID-19 Together For Change	94,890	(17,615)	77,275
Volunteering For Pembrokeshire Grant	13,300	(8,587)	4,713
	253,046	(132,898)	120,148
TOTAL FUNDS	<u>302,839</u>	<u>(188,470)</u>	<u>114,369</u>

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	8,259	3,417
PCNPA	-	698
Hywel Dda Health Board	583	-
Leader	5,744	5,565
Nesta	-	7,201
Lottery Community Fund	82,559	55,098
Enhancing Pembrokeshire	16,052	9,475
Together For Change	108,188	-
	221,385	81,454
Total incoming resources		
	221,385	81,454
EXPENDITURE		
Raising donations and legacies		
Prevention activities	4,382	4,982
Charitable activities		
Wages	68,607	39,033
Pensions	971	405
Insurance	199	-
Marketing and communications	4,417	-
Manager travel and expenses	3,627	1,145
Room hire	43	1,138
Training and courses	600	1,220
Trustee and volunteer expenses	-	1,399
Research costs	3,007	-
	81,471	44,340
Support costs		
Other		
Wages	12,730	13,484
Postage and stationery	-	1,604
Travel and expenses	-	3,636
Carried forward	12,730	18,724

This page does not form part of the statutory financial statements

SOLVA CARE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2021

	2021 £	2020 £
Other		
Brought forward	12,730	18,724
Trustee and volunteer expenses	-	386
Computer costs	1,163	6,393
Professional fees	3,722	3,597
Memberships and subscriptions	425	65
Solva Care Donation Fund	2,630	1,600
	<u>20,670</u>	<u>30,765</u>
Governance costs		
Accountancy fees	960	900
	<u>107,483</u>	<u>80,987</u>
Total resources expended		
	<u>113,902</u>	<u>467</u>
Net income		

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